

Club Z! Tutoring of Pittsburgh

Quick Tip Series

Does your student suffer from test anxiety?

Here are a few quick tips to help. For more information, please visit our blog at clubztutoring.com/pittsburgh/blog/ for more tips about this subject and others.



- Prepare! Prepare! Prepare!
Prepare your student by studying old tests and worksheets. Help them to learn from prior testing - what worked and what didn't. The longer they take to prepare, the more embedded into the permanent memory the material becomes. Dumping the material in the night before the test puts into your less reliable, short-term memory.



- Talk to your Friend!
Help your student turn negative self-thoughts around by teaching them how to "talk to their friend." Ask them to think about what they would say to their friend if they expressed angst or negativity. Chances are, they would be encouraging and positive. Teach them to be their own friend!



- Create a Mini-Ritual!
Create a technique for your student to use when they feel nervous or distracted. Help them to learn how to associate the mini-ritual with a feeling of calm, confidence and alertness. Some ideas include creating their own force field, imagine a blank screen, develop their happy place and transport to it, create a mantra and repeat it over and over, and deep breathing are just a few.

Contact Us

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Meet the Owner

Elaine McDermott is your Educational Ambassador. She is here to help you find the right solution to help your student with their academic life. Reach out to see how she can help.



test anxiety?