

# Tame Test Anxiety: Solid Anxiety Reduction Training

## TAME TEST ANXIETY

Vigorous Training CD

- lowers anxiety
- improves concentration
- raises exam scores

confirmed 12+ percentile test gains

drD (Richard Driscoll, PhD)



Book Description: January 1, 2003. Arguably one of the strongest, fastest, and most easily administered protocol available anywhere... drD You can read all the good advice you can find, but it fails to grab you emotionally and your anxiety remains. The confidence training offered here provides you with an actual experience of doing well, and reliably reduces anxiety and increases test scores. Several innovative features make the training particularly fast, and the protocol was found to reduce test anxiety, improve concentration, and increase test scores among various college and high school populations. The benefits are solid and predictable. The training takes only one or two half hour sessions, and has produced substantial and measurable test gains in six consecutive research studies. The training itself uses vigorous stretch, tense, deep breath, release, and suggestion sequences to curtail anxiety and improve your focus. You imagine an interesting or challenging activity, and recreate that sense of being challenged. By suggestion, you imagine being interested and challenged in a sequence of eight learning, review, and testing situations. The procedure thereby casts the intimidating situations as challenging ones, and you experience yourself staying focused and meeting the challenge. Ordinarily, it would be far-fetched to propose that a highly test anxious student could take pleasure in anything remotely connected to a test. And yet, in the special sequencing here, students can and do imagine

enjoying learning, organizing, and then showing their mastery on a test. And after you imagine being interested, it is a short step to feeling that interest in the actual situations. The benefits are surprisingly strong and reassuringly consistent. In four consecutive studies, a total of 40 freshman attained an average half a letter grade test gains. Benefits are more modest with younger students, and fifth and sixth graders have attained on average a quarter of a letter grade test gains. So far as we know, our confidence training is one of the strongest, fastest, and most reliable anxiety-control methods available anywhere. The CD training is completely automated, so you have nothing to memorize beforehand. Slip the CD into your player, press play, and follow the instructions. Everything is straightforward. We recommend listening to the training CD twice, and then again as you feel warranted. Benefits are expected to continue over several years, with only occasional reviews. The Training CD creates a more confident outlook, and you do not need to review the CD prior to each test. The confidence training is marketed as Tame Test Anxiety and is available here at Amazon.com

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both the relaxation response to relax, however, without proper training, does little to reduce your test anxiety.

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