

New Program for 2011/2012 • Adaptable for grades K-8.

BEATING THE TERRIBLE TEST:

Improving Test Scores & Overcoming Homework Anxiety!



Taking tests can be frightening for anyone.

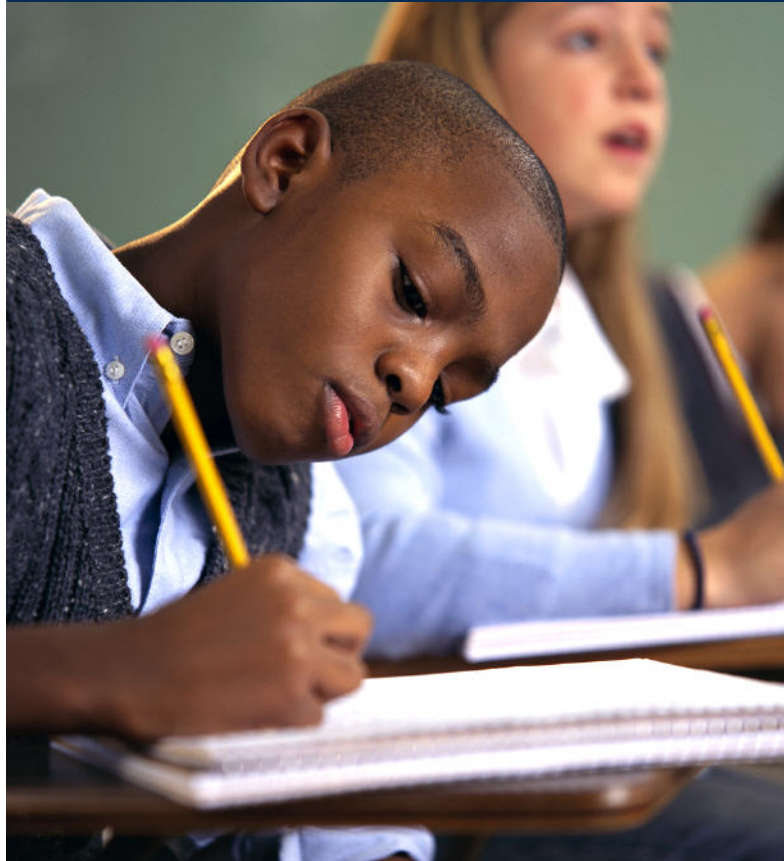
Standardized testing, classroom exams and basic homework don't have to be scary! Many smart kids do poorly on tests due to nerves, shyness, boredom and poor study habits. Others lose focus because of poor nutrition or not getting enough sleep.

Bobby tackles these problems with three new humorous stories that offer insights into test and homework anxiety. He shows that it is normal to be nervous, paves the way to better test results through improved study skills, and demonstrates concentration techniques and relaxation exercises. Bobby also shares his own personal "I made it through" stories, relating how role models helped him to become more confident, overcome shyness and defeat a terrible stutter!

Finally, throughout this program, Bobby will interweave ten practical test tips that students will be able to use in the classroom. An accompanying hand-out will help students to *do their best* on homework and tests.

Information

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BOBBY NORFOLK

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