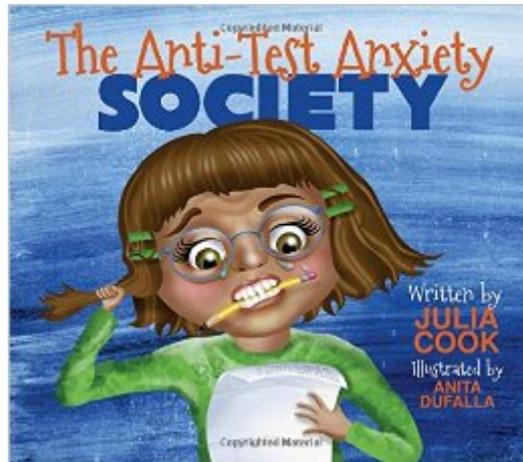


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# The Anti-Test Anxiety Society



## Synopsis

Bertha Billingsworth (BB for short) is basically a happy person until she has to take a test. To her, the word test stands for Terrible Every Single Time, because that's how she does on them, TERRIBLE! Whenever I see or hear the word test, The hair on the back of my neck stands up. My face turns as red as a beet. I start to sweat, my stomach aches, and I can't control my feet! What if I get every answer wrong? And I don't get any right. I just know I'll get a bad grade on this test, so I don't even want to try! BB's teacher comes to the rescue by inviting her to become a member of the Anti-Test Anxiety Society. She tells BB that TEST stands for Think Each Situation Through! She also ends up teaching BB the Dynamic Dozen (12 amazing test taking strategies), and convinces her to use her "GET TO" brain instead of her "HAVE TO" brain. Now when BB takes a test, she is calm and focused and thanks to her teacher, the Terrible now stands for Terrific!

## Book Information

Paperback: 32 pages

Publisher: National Center for Youth Issues (July 15, 2014)

Language: English

ISBN-10: 1937870308

ISBN-13: 978-1937870300

Product Dimensions: 7.8 x 0.1 x 8.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (26 customer reviews)

Best Sellers Rank: #59,271 in Books (See Top 100 in Books) #45 in [Books > Education & Teaching > Schools & Teaching > Counseling > Academic Development](#) #98 in [Books > Parenting & Relationships > Reference](#) #143 in [Books > Education & Teaching > Schools & Teaching > Education Theory > Assessment](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

This book was difficult to read for a number of reasons. The illustrations are garish. Very unappealing and basically scream at you. The writing is also hard to take. It seems to be written for young children but then tells them to do 12 simple things to get over test anxiety. To me, and to my daughter, that was a lot to remember. Neither of us found anything helpful about it. It was repetitive in a very unappealing way.

Perfect for 3rd graders who are nervous about taking state tests for the first time... I used this book for a read aloud during my second test prep lesson, which was focused on stress/anxiety reduction. As a school counselor, I LOVE using a variety of Julia Cook's books for guidance lessons, but this is one of my favorites because it is so appropriate and applicable to elementary students who are nervous about tests. There is, of course, a catchy rhyming phrase throughout the book, but it was not too overdone or annoying, and almost every single student could relate to something in this book. The "Dynamic Dozen" test prep strategies are things we tell the students all the time, but this book really illustrated the concepts to help them make sense to my 3rd-5th grade students. I followed this read aloud with a relaxation script, and then another similar activity to illustrate "Mindfulness" for children. Even my most impulsive and argumentative children were able to visibly relax, and several children in each class fell asleep during the relaxation script activity, so I consider this lesson a HUGE success. This book is going to be a MUST HAVE for my test prep lesson unit for years to come.

I disagree with the reviewer who criticized the book for telling to kids to "remember" 12 strategies. The book does not imply in any way that the strategies need to be memorized. There are many test prep strategies for a wide variety of students. If a teacher or parent reads this book, they can ask students to pick out 3 strategies they want to try. The pictures are not good but the content is engaging. Highly recommended for grades 2-6. Also checkout: Grades 1-3 The Biggest Test in the Universe, Nancy Poydar 1-5 Testing Miss Malarkey, Judy Finchler

I thought it was a good book. I used it in 4th and 5th grade before Terra Novas. The students liked it and were engaged. Some of the concepts were a little abstract -- reference to the "get to" instead of the "have to" brain. However, I love that there is a summary of the suggestions and I was able to go over these suggestions in detail with the students.

Another winner from Julia Cook! As a school counselor, I am always looking for resources for my kiddos. Julia's books always keep kids engaged and the illustrations go perfectly with the tone and content of the story. I always recommend Julia's books!

Great to read and review with young kids (up to 2nd grade maturity). Great for psychologists and counsellors too.

Julia Cook never disappoints!! I used this book with a small group for 3rd graders on test anxiety and they loved it! The "Have To" and "Get To" parts of the brain was their favorite part and mine too! I'll be using that idea in many more lessons.

I used this book with my son who was experiencing mixed anxious feelings when he had to take a test. This book sparked a discussion on mindset and focus. Wonderful tool to add to our library.

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A Resource Guide to the U.S. Foreign Corrupt Practices Act (FCPA): Anti-Bribery Provisions, Definitions, Payments to Third Parties, Extortion, Accounting, Reporting, Anti-Fraud Violations, Penalties  
Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (Teen Instant Help)  
The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions  
The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry  
The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions)  
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