

The Anti-Test Anxiety SOCIETY



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But I absolutely cannot stand to take tests...of any kind!

To me, the word test stands for "Terrible Every Single Time"

because that's how I always do on them...**TERRIBLE!**



“BB,” my teacher said as I was walking out the door,
“Your math test score wasn’t as high as I thought it
would be. Do you want to talk about it?”

“I can’t stand to take tests!” I said. “They freak me out!

To me, the word **TEST** stands for

“Terrible Every Single Time”

because that’s how I always do on them... **TERRIBLE!**



“But how do I do that?”

“First of all, you need to start using the

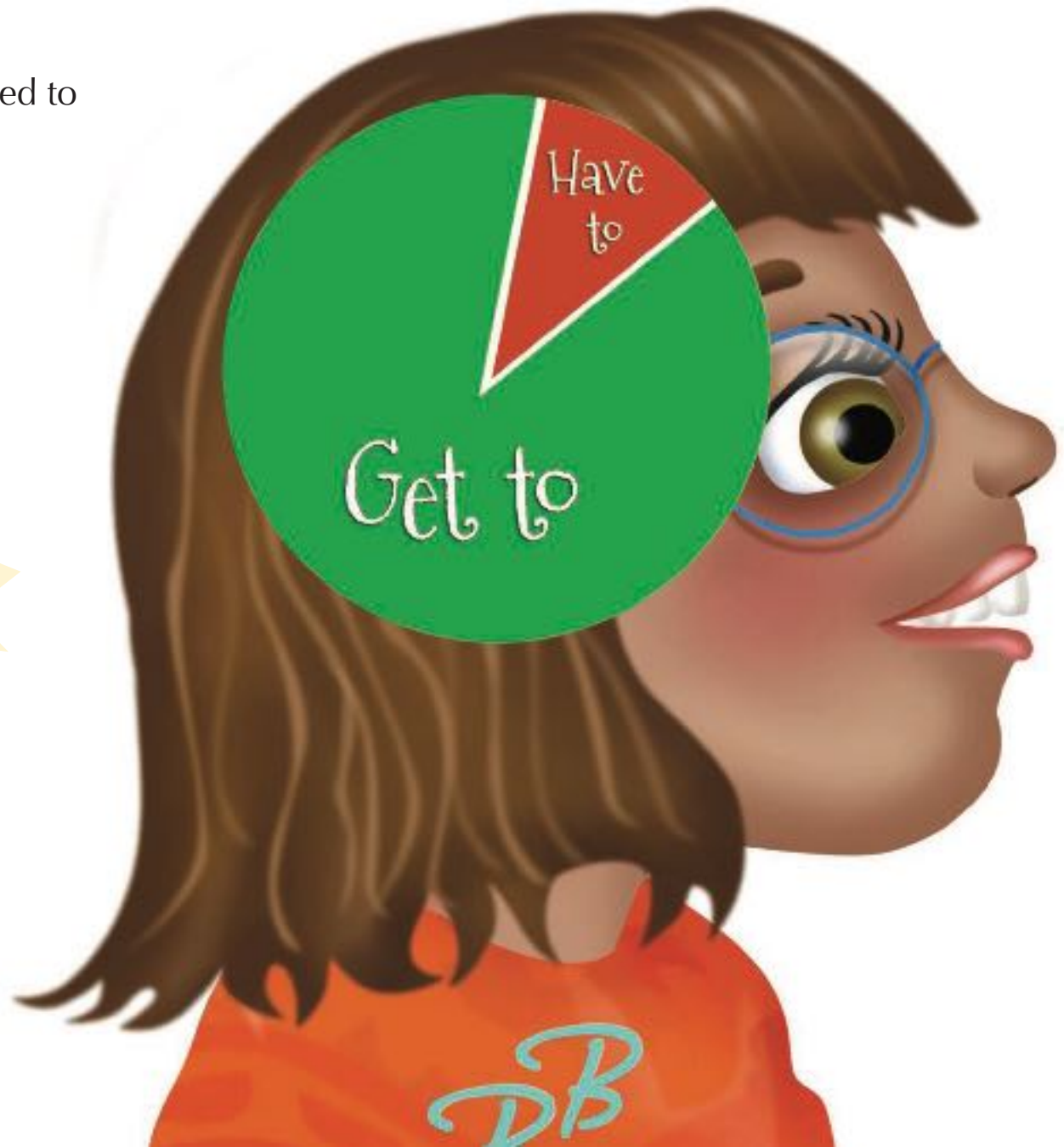
GET TO

part of your brain instead of the

HAVE TO

part of your brain.”

“My
what?”



“Using your **GET TO** brain is the key to opening the door to good test preparation.”

“What’s that?”

“A good test taker needs to prepare in order to do well on a test.

If you will do just 12 simple things, you won’t have near as much stress.”

“These 12 simple things, called the

DYNAMIC DOZEN,

will lessen your test anxiety.

If you will do them, you can become a member of our great society!”





EASY First

HARD Last



Literal means

- Actual
- Without lit
- In a factual manner
- From Lithuania



Math Test, Unit 7

$33 \div 3 = 11$	$40 \div 4 = 10$
106 51530 $\underline{5}$ 30 11 7177 $\underline{7}$	$42 \times 7 = 294$
11 $\times 7$ $\hline 77$	$23 \quad 12 \quad 34$ $\times 2 \quad \times 8 \quad \times 7$ $\hline 46 \quad 96 \quad 238$

I just know I'll get a bad grade on this test... so I don't even want to try!

Bertha Billingsworth (BB for short) is basically a happy person... until she has to take a test. To her, the word test stands for **T**errible **E**very **S**ingle **T**ime, 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.

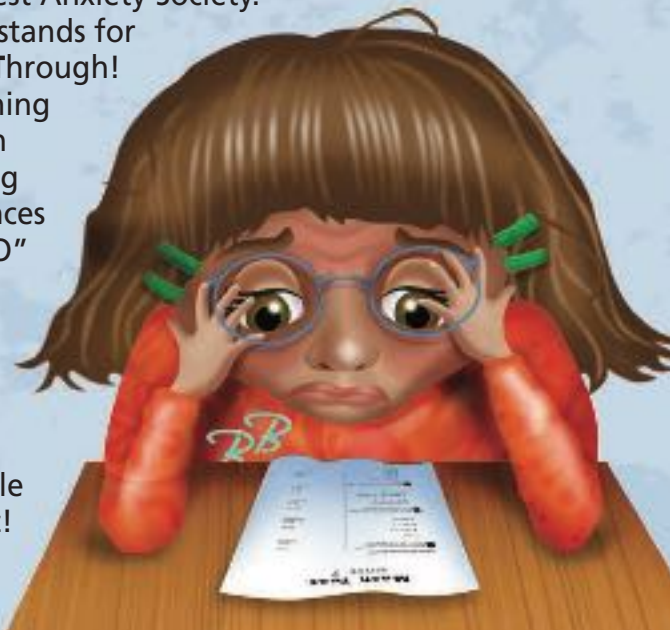
I just know I'll get a bad grade on this test, so I don't even want to try!

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!



This book is a must for any parent and professional working with school-aged youth! The youth of today face so many pressures to perform beginning at such a young age. This book sends a critical message of hope and empowerment by offering practical strategies to embrace and overcome their test taking anxiety. A must read for any student and classroom!

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JULIA COOK



Julia Cook, M.S. is a national award winning children's author, counselor and parenting expert. She has presented in thousands of schools across the country and abroad, regularly speaks at national education and counseling conferences, and has published children's books on a wide range of character and social development topics. The goal behind Cook's work is to actively involve young people in fun, memorable stories and teach them to become lifelong problem solvers. Inspiration for her books comes from working with children and carefully listening to counselors, parents, and teachers, in order to stay on top of needs in the classroom and at home. Cook has the innate ability to enter the worldview of a child through storybooks, giving children both the "what to say" and "how to say it."



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