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Free e-Books may ease exam anxiety for students

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Test anxiety can significantly lower test scores, according to the U.S. Department of Education. The level of student stress directly correlates to the ability to function and perform well on tests and exams. Research has found that the single best approach to reducing stress and increasing scores is advanced and structured preparation.

Just in time for preparation for final exams, Successful Study Skills 4 Students (S4) is offering a free e-book, S4's Test & Exam Tricks and Tips, as a service to area middle and high school students.

S4 is an area leader in providing study-skills workshops and coaching to middle, high school, and pre-college students. The e-book, which is written for middle and high school students, provides accessible strategies for preparing to take a variety of tests. Strategies are outlined for specific content areas: English, math, science, social studies, and foreign language; and specific test types, including multiple choice, short answer, essay, and open book.

The strategies in the e-book are adapted from S4's popular study-skills workshops, which run throughout the year in Connecticut and Westchester County. The workshops offer a more in-depth approach to studying, note-taking, time management, project management, and self-advocacy. More information about the workshops can be found at www.S4StudySkills.com/enroll/

The e-book is be available for download at: www.S4StudySkills.com/testprep/

About S4

S4 partners with public, independent, charter and parochial schools to offer an accessible, logical and easy-to-implement study skills system. The program is designed to dovetail with all school and student curriculum. To date, more than 3,000 students have participated in the S4 program to learn invaluable skills for better classroom engagement, increased focus, better preparation for class, tests, and projects, resulting in increased confidence and more independent learning.

Learn more at www.s4studyskills.com.

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