

# ***Strategies to Battle Test Anxiety and Be Successful in High-Stakes Testing***

A Professional Development Workshop



***Strategies to Battle Test Anxiety and be Successful in High-Stakes Testing*** is an engaging 3 ½-hour professional development workshop that reviews proven strategies for educators to use with students who experience test anxiety. Clinical and family psychologist Dr. Jolie S. Brams provides an informative workshop to help educators recognize the physiological, developmental, experiential, and cognitive signs of anxiety in students. Participants will learn successful techniques to teach students to change negative cognitions into positive ones.

***Strategies to Battle Test Anxiety and be Successful in High-Stakes Testing*** is your chance to:

- ◆ learn how to identify and reduce test anxiety in your students;
- ◆ have your questions answered by a nationally respected psychologist;
- ◆ interact with colleagues in a productive, motivating learning environment; and
- ◆ enhance your knowledge of anxiety and explore new approaches to reduce it.

This workshop will introduce you to research-based strategies that can be used immediately in your classroom to identify anxiety in at-risk students and use methods to reduce it so that every student succeeds. Teachers will also learn test-taking strategies that all students can use to gain confidence before and during any testing situation. At the workshop, teachers will learn how to incorporate these strategies into their classroom lesson plans.



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# **Syllabus – Strategies to Battle Test Anxiety and Be Successful in High-Stakes Testing**

A 3 ½-hour Professional Development Workshop  
By Jolie S. Brams, Ph.D.

- I. Components of Test Success
  - a. Merging Confidence and Competence
- II. Confidence
  - a. What is it?
  - b. Blind Confidence Building Not Scientifically Sound Practice
- III. Competence
  - a. What is it?
- IV. The Multiple Origins of Anxiety
  - a. Physiological Origins
  - b. Developmental Origins
  - c. Experiential Origins
  - d. Cognitive Origins
- V. “Normalizing” Anxiety
  - a. Worries About Tests are Universal Across Grade Levels
- VI. The Test Anxiety Cycle
  - a. Negative Thoughts
  - b. Anxious Feelings
  - c. Test Failure
  - d. Physical Symptoms
  - e. What Does Test Anxiety Look Like?
- VII. Changing Cognitions to Reduce Anxiety
  - a. Types of “Distorted” Thinking
  - b. The “Soda Pop” Test
  - c. Thinking of Success
  - d. Controlling Physical Symptoms of Anxiety
- VIII. School and Classroom Interventions
  - a. Educate Students
  - b. Provide Teacher Education for At-Risk Students
  - c. Set a Pace
  - d. Teach Relaxation and Coping Strategies
  - e. Use Positive Thinking
  - f. Other Concrete Tools and Strategies
- IX. Test-Taking Strategies
  - a. Timeless Strategies for Student Achievement
  - b. Test-Preparation Strategies
  - c. Strategies to Use During the Test
- X. The Extended Benefits of Confidence and Competence
  - a. *How to Do Your Best on Every Test*

## **Author and Presenter: Jolie S. Brams, Ph.D.**

**About the Presenter:** Dr. Jolie S. Brams is a nationally known clinical and family psychologist known for her dynamic and engaging presence, as well as her expertise in treating high-risk students and preparing them for success in school and life. She teaches educators her strategies for identifying and treating students with test stress in her workshop *Strategies to Battle Test Anxiety and Be Successful in High-Stakes Testing*.

**Jolie Brams, Ph.D.** has more than 25 years experience as a child and family, as well as forensic (criminal) psychologist and has a great deal of expertise in evaluating and treating high risk youth. She is the author of *How to Do Your Best on Every Test*, and provides Show What You Know® Publishing with special expertise in test anxiety and management in test-preparation skills. She provides consultation, expert testimony and educational presentations to both mental health and legal professionals, especially regarding factors that lead to the types of behavioral difficulties and academic failures related to school drop out and court involvement. Dr. Brams has been an invited guest on many national radio and television programs. She is highly regarded as a knowledgeable expert, a dynamic presenter, and someone who can integrate relevant and pragmatic information from a variety of disciplines.

### **Special Thanks!**

Show What You Know® Publishing wants to thank Dr. Jolie S. Brams for her contribution and authorship of this valuable and much needed professional development workshop. Her expertise in child and family psychology, test anxiety reduction, and test preparation strategies offers invaluable information and strategies to a common problem that many educators face today. Ohio educators will truly benefit from the knowledge and strategies that Dr. Brams presents.

—**Cindi Englefield, President, Show What You Know® Publishing**

## ***How to Book a Professional Development Workshop***

**Location:** an Ohio-based location of your choice

**Cost:** \$1,500 includes travel expenses for a half-day presentation with a maximum of 30 participants. Please call to request a quote on a full day professional development workshop at 1-877-727-7464 or email [workshops@eapublishing.com](mailto:workshops@eapublishing.com).

**About the Presenter:** Dr. Jolie S. Brams is a nationally known clinical and family psychologist known for her dynamic and engaging presence, as well as her expertise in treating high-risk students and preparing them for success in school and life. She teaches educators her strategies for identifying and treating students with test stress in her workshop *Strategies to Battle Test Anxiety and Be Successful in High-Stakes Testing*.

**Contact us for more information or to schedule a professional development workshop at your school location:**

Phone: 1.877.PASSING (727-7464), ext. 19

Email: [workshops@eapublishing.com](mailto:workshops@eapublishing.com)