

# Quick-Start guide

Anxiety reduction program to improve test scores

1. Inform supervisor or principal of your planned program.
2. Screen students.  
Download Westside scale ( <http://testanxietycontrol.com/downloads> ), print copies.  
Screen students you counsel, those in test-prep classes, those in regular classes. (Tell students you are looking at how test anxiety causes students to "freeze" or "blank" and not do their best on tests.)
3. Include in your program students who score 3.0 and above. Inform their parents (primary and secondary schools).
4. Attain at least a single Training CDs to use with your students.
5. Meet with your highly anxious student(s). Realize that students may feel awkward initially about being in the program. Reassure, build trust, mentioned anxiety-reduction benefits including improved concentration and test gains, generate interest.  
Have student(s) review CD at the time (recommended); or later at school;.
6. To continue, attain a Training CD for each student (school purchases or students purchase). Have students practice the CD Training at least twice at home
7. Ask student(s) about their experiences, changes in test anxiety level, encourage them to continue.
8. Expand program.

*Tame Test Anxiety* training CDs are available from internet vendors and bookstores. Also available from TestAnxietyControl.com and Westside Psychology 800 769-0962 x101 at reduced rates.

Downloads are available at <http://testanxietycontrol.com/downloads>

Students can listen to the CD individually, or in groups. We do require that each student be provided an individual copy of the CD, to review as needed.

Need help? Call 865/ 690-0962 x 106 or e-mail [drD@TestAnxietyControl.com](mailto:drD@TestAnxietyControl.com)