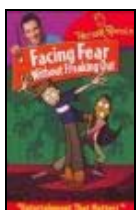


# Overcoming Test Anxiety

Virginia Beall Ball Library - Indiana Youth Institute



## [Facing fear without freaking out](#)

DVD BF723 .F4 F33  
2005



## [Stress relief for kids: taming your dragons](#)

Martha Belknap  
LB1537 .B447 2006



## [The anxiety workbook for teens: activities to help you deal with anxiety & worry](#)

Lisa M. Schab  
BF724.3 .A57 S33 2008



## [Pressured parents, stressed-out kids: dealing with competition while raising a successful child](#)

Wendy S. Grolnick  
HQ755.8 .G752 2008



## [Test anxiety & what you can do about it: a practical guide for teachers, parents, and kids](#)

Joseph Casbarro  
LB3060.6 .C37 2003



## [Overcoming school anxiety: how to help your child deal with separation, tests, homework, bullies, math phobia, and other worries](#)

Diane Peters Mayer  
BF723 .A5 P47 2008

## BOOKS

[The A to Z guide to raising happy, confident kids.](#) By Jenn Berman. (HQ769 .B51885 2007)

[Addressing test anxiety in a high-stakes environment: strategies for classrooms and schools.](#) By Gregory J.Cizek. (LB3060.6 .C59 2006)

[Classroom guidance games: 50 fun, inspirational guidance games; reproducible cards, boards & worksheets; and letters to parents.](#) By Shannon Trice-Black. (LB1027.5 .B494 2007x)

[Developing children's coping skills: more than 150 ready-to-use strategies for teachers and counselors.](#) By Lois J. Landy. (LB1027.55 .L36 2006)

[Fighting invisible tigers: stress management for teens.](#) By Earl Hipp. (HQ796 .H495 2008)

[Fostering independent learning: practical strategies to promote student success.](#) By Virginia Smith Harvey. (LB2395.2 .H37 2007)

[Get organized without losing it.](#) By Janet S. Fox. (LB1049 .F6 2006)

[Helping your anxious child: a step-by-step guide for parents.](#) By Ronald M. Rapee. (RJ506 .A58 R37 2008)

[How to help your child with homework: the complete guide to encouraging good study habits and ending the homework wars.](#) By Jeanne Shay Schumm. (LB1048 .S35 2005)

[How to do homework without throwing up.](#) By Trevor Romain. (LB1048 .R59 1997)

[Loving to learn: the commitment to learning assets.](#) By Pamela Espeland. (LB1065 .E835 2005)

[The relaxation & stress reduction workbook for kids: help for children to cope with stress, anxiety & transitions.](#)  
By Lawrence E.Shapiro. (BF723 .S75 S53 2009)

[Stress can really get on your nerves!](#) By Trevor Romain. (BF723 .S75 R66 2000)

[True or false? Tests stink!](#) By Trevor Romain. (LB3060.57 .R66 1999)

## DVDs AND VIDEOS

[Great homework and study skills.](#) Dan Sperling Video & Film Productions. (DVD LB1601.5 .G74 2004)

[How to do homework without throwing up.](#) Comical Sense Co. (DVD LB1048 .H69 2004)

[Real teens and stress.](#) TMW Media Group. (DVD BF724.3.S86 R44 2004)

[Reality matters. Handling stress.](#) Discovery Communications, Inc. (DVD BF724.3 .S86 H36 2006)

[Reality matters. Stress and anxiety.](#) Discovery Communications, Inc. (VIDEO BF724.3 .S86 S86 2005)

[Test taking strategies for students](#) series. Schlessinger Media, 2005.

- [Answering test questions](#) (DVD LB3060.57 .A57 2005)
- [Effective note-taking](#) (DVD LB2395 .E33 2005)
- [Study skills](#) (DVD LB2395 .S77 2005)
- [Taking essay tests](#) (DVD LB3051.T334 2005)
- [Taking math tests](#) (DVD LB3051.T336 2005)
- [Taking reading comprehension tests](#) (DVD LB3051.T338 2005)
- [Test anxiety](#) (DVD LB3060.6 .T47 2005)

[Test-taking tips for children](#) series. Schlessinger Media, 2005.

- [What are tests?](#) (DVD LB3051 .W42 2005)
- [How to answer test questions](#) (DVD LB3051 .H68 2005)
- [Taking tests in different subjects](#) (DVD LB3051 .T34 2005)

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