



School Made Easier: A Kid's Guide to Study Strategies and Anxiety-Busting Tools

By Wendy L. Moss, Robin A. DeLuca-Acconi

American Psychological Association. Paperback. Book Condition: new. BRAND NEW, School Made Easier: A Kid's Guide to Study Strategies and Anxiety-Busting Tools, Wendy L. Moss, Robin A. DeLuca-Acconi, Do you ever get nervous before a big test? Do you get butterflies in your stomach before giving a presentation? Do you ever lose track of papers? Do you cram to finish long-term assignments at the last minute? If you answered "yes" to any of these questions, this book is for you! School Made Easier will show you how to: * Understand your academic stress* Use "mind games" to feel less stressed and more confident* Problem-solve to cope with stressful situations* Organise your papers and files* Use executive functioning skills to make homework and studying easier* Manage your time wisely* Study more effectively* Stay calm and cool on test day* And much more! Take a look inside, and start reducing your anxiety and increasing your confidence in school. Believe it or not, school can be less stressful - and even fun!.



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