



Monthly Newsletter

January 2007

In This Issue

[Featured Students](#)

[Test Anxiety](#)

[Free Proctored SAT](#)

[SSAT Flex Testing](#)

[Rock Your Vocabulary](#)

[Monthly Promotion](#)

Featured Students



"It is my pleasure to sing the praises of Bob R. who tutored my son Max for the PSAT's. Max's scores went up about 150 points. Max is super sensitive to criticism and I found Bob's working style to be a great fit for Max. Bob was able to set goals for my otherwise busy son and even if Max didn't "do everything," Bob didn't negate what was not done but focused on what Max did do and gently encouraged him to try next time to get it all done. Max respected him and I think did more because of Bob's approach. Furthermore, I am getting Max tutored again for the upcoming SAT's and Max asked for Bob. Finally, people are quick to tell you when they are unhappy, I am here to say that I am very happy and only hope Max's scores go up another 150!!"

--Susan Feuerman

"I just wanted to let you know that your summer SSAT program for our son, Christopher, has the results in. Last year he took the SSAT and scored in the 25th percentile. He took the test again in November, 2006 and he scored in the 68th percentile. This is an amazing jump of 43 percentiles. His options for secondary schools have increased dramatically. I have recommended A+ to a friend. The results speak for themselves."

• Test Anxiety



What is test anxiety? It is common for most students to experience some level of test anxiety prior to or during an exam. A certain amount of anxiety or apprehension is normal and can even sharpen our performance on a challenging task, but when jitters, a sense of being overwhelmed, or other negative feelings affect exam performance, it is a problem that needs to be addressed. Test anxiety can manifest itself in the following ways:

- Sleeplessness the night before
- Sweaty palms or excessive perspiration
- "Butterflies" in one's stomach or upset stomach
- Negative self-talk
- Anticipation of failure or feelings of inadequacy
- Restlessness or jitters
- Dry mouth
- Increased heart rate

Keys to reducing test anxiety

Eliminating anxiety entirely is unrealistic, so the focus should be on how to cope with and minimize it. Here are some tips for reducing test anxiety:

- Develop a game plan for preparing for the upcoming test and begin studying as far in advance as possible.
- For standardized tests, such as the SAT and ACT, consider enrolling in a test-prep program, either in a group setting or one-to-one tutoring.
- Break down your studying into manageable chunks over a period of time so you avoid cramming the night before.
- Familiarize yourself with the format of the test. Is it an essay test? Multiple-choice test? Short-answer test? Or some combination thereof? How is it scored?
- Take care of yourself physically. Before the test, remember to exercise regularly, get a good night's sleep, and eat a nutritious breakfast.
- Timing is key—set your alarm clock the night before (and have a parent do likewise as a back-up).
- Have all your supplies (sharpened pencils, calculator, I.D., etc.) ready by the front door so you avoid scrambling at the last minute.
- Wear a watch so you can manage your time during the test.
- Get to the testing site early so you don't have to worry about being late or not getting a seat in a desirable location.
- Choose a seat where you won't be annoyed by friends or outside distractions.
- Relax yourself by closing your eyes and visualizing being in your favorite relaxing spot (for example, the beach) for 5 minutes. Try to conjure up the sights, sounds and smell of the place. This really works!
- Dress comfortably; wear layers so that if the room gets too warm during the test, you can remove your outer layer.

--Mary McCarthy

- Breathe! Take some deep breaths—we tend to take shallow breaths when we are anxious.
- Keep your sense of humor and perspective! Replace negative self-talk with positive thoughts or think about how you will reward yourself after the test.
- Don't exaggerate the importance of any one test. Remember that the test is not a measure of your self-worth.
- Take full advantage of any breaks by using the bathroom, getting a drink of water, eating a nutritious snack, or just chatting with your friends. After all, misery loves company!

Good luck on your test!

• Free Proctored SAT

From time to time A+ offers free, proctored SAT tests to its students and, if space allows, to others in the community. We are offering our next free exam on Saturday, February 17, 2007 from 8:30 A.M. to approximately 1:00 P.M. at St. Paul's Church in Glenside. Current students can register at "My A+" by clicking on "Proctored Practice Tests." We urge you to register as soon as possible. If you are not a registered client, please call our office at 1-877-730-7200 to register.

• SSAT Flex Testing



Students who want to take the Secondary School Admissions Test (SSAT), but are unable to take the test on one of the national test dates, may now take the test at A+ Test Prep and Tutoring in Jenkintown. Our test center code is 0132. Please call our office for more information.

SSAT Flex Testing

-

• Rock Your Vocabulary

Are you tired of studying SAT vocabulary by memorizing lists and looking at flashcards? Click on the link below to hear a recent NPR story featuring an unorthodox way to study SAT vocabulary words—set to music!

NPR Radio Story

• Monthly Promotion

One-to-One Academic Coaching

office@aplustutoring.com
<http://www.aplustutoring.com>
1-877-730-7200

\$50 Off an Academic Coaching Program

Offer Expires: 2-15-07

Build Your Study Muscles!

Offer applies to
our 15-hour
study skills
program.

Use offer code
N0107.

Note: This offer
cannot be
combined with
any other offer.

[One-to-One Academic
Coaching Program](#)

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to dan@aplustutoring.com, by aplusteam@aplustutoring.com
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Powered by



A+ Test Prep and Tutoring | 505 York Road | Suite 6 | Jenkintown | PA | 19046