

THE STRESSLESS TESTS™ PROGRAM PRESENTS

SPRING & SUMMER

STUDY SKILLS

*Less Stress * More Confidence * Higher Performance*

- Self-Awareness Skills: Your Brain - Friendly Study Style
- Getting Organized and Time Management
- Note Taking
- Test Taking Skills and Concentration and Memory
- Mastering Textbooks and More

SPRING DATES

High School: March 26 – April 16 or April 23 – May 14 6:30 - 8:30 Centennial HS

Middle School: April 7 – 28 6:30-8:30 April 22 – May 13 3:45 – 5:45 Burleigh Manor MS

SUMMER STUDY SKILLS NOW A 5-DAY COURSE WITH GAMES AND ACTIVE CHALLENGES

Middle School classes start July 28, August 4, and August 11. 9:30 – 11:30

High School classes start the week of August 4 and August 11. 12 – 2:00

Fee: Spring \$175 Summer \$185

Stressless Tests™ Study Skills Registration Form (Please Print)

Course Name and Date _____

Student Name _____ School _____ Grade _____

Address _____

Parent Name _____ Home Phone _____

Email Address _____

Register online or make checks payable to the HD Foundation and mail to Betty Caldwell at 9462 Greco Garth, Columbia MD 21045. For more information, visit www.Stresslesstests.org, call Betty Caldwell at 410-740-4659 or email Bcaldwell@comcast.net. **Classes held year round.**