

To Doughy with love!

Forward

Test anxiety is a problem that nearly everyone experiences at one time or another. The fears of "I just can't !" or "What if I don't?" overtake confidence, and potential is instantly affected. The Anti-Test Anxiety Society is a fun story that presents 12 test taking strategies (The Dynamic Dozen) that are hands-on and easy to apply. My hope for this book is that it teaches kids of all ages how to build their test taking confidence and demonstrate their true abilities. – Julia

P.S. Doesn't it feel great to say, "Yes, I can!"



P.O. Box 22185 • Chattanooga, TN 37422-2185
423-899-5714 • 866-318-6294 • fax 423-899-4547 • www.ncyi.org

ISBN: 9781937870300 \$9.95 • E-book ISBN: 9781937870959X
© 2014 National Center for Youth Issues, Chattanooga, TN • All rights reserved.
Written by: Julia Cook • Illustrations by: Anita DuFalla
Published by National Center for Youth Issues • Softcover
Printed at Starkey Printing • Chattanooga, TN • July 2021

DUPLICATION AND COPYRIGHT

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, photocopy, video or audio recording, or otherwise without prior written permission from the publisher, except for all worksheets and activities which may be reproduced for a specific group or class. Reproduction for an entire school or school district is prohibited.

The information in this book is designed to provide helpful information on the subjects discussed and is not intended to be used, nor should it be used, to diagnose or treat any mental health or medical condition. For diagnosis or treatment of any mental health or medical issue, consult a licensed counselor, psychologist, or physician. The publisher and author are not responsible for any specific mental or physical health needs that may require medical supervision, and are not liable for any damages or negative consequences from any treatment, action, application or preparation, to any person reading or following the information in this book. References are provided for informational purposes only and do not constitute endorsement of any websites or other sources.

Library of Congress Cataloging-in-Publication Data

Names: Cook, Julia, 1964- author. | DuFalla, Anita, illustrator.
Title: The Anti-Test Anxiety Society / written by Julia Cook ; illustrated by Anita DuFalla.
Description: Chattanooga, TN : National Center for Youth Issues, 2021. | Originally published in 2014. | Audience: Ages 7-11. | Audience: Grades 2-3. | Summary: BB loses some of her test-taking anxiety and gains confidence when she becomes a member of the Anti-Test Anxiety Society and learns a dozen study strategies.
Identifiers: LCCN 2021019770 (print) | LCCN 2021019771 (ebook) | ISBN 9781937870300 (paperback) | ISBN 9781937870959 (pdf)
Subjects: CYAC: Test anxiety--Fiction. | Study skills--Fiction. | Self-confidence--Fiction. | LCGFT: Picture books.
Classification: LCC PZ7.1.C64745 Ap 2021 (print) | LCC PZ7.1.C64745 (ebook) | DDC [E]--dc23
LC record available at <https://lcn.loc.gov/2021019770>
LC ebook record available at <https://lcn.loc.gov/2021019771>

NCYI titles may be purchased in bulk at special discounts for educational, business, fundraising, or promotional use.
For more information, please email sales@ncyi.org.



My name is
Bertha Billingsworth,
but everyone calls me

“**BB**”

for short.

I'm a pretty happy person. I have a great family.
I have a lot of friends (and some of them aren't
even human). I like school...most of the time,
and this year, I have the BEST teacher EVER!



But I absolutely cannot stand to take tests...of any kind!

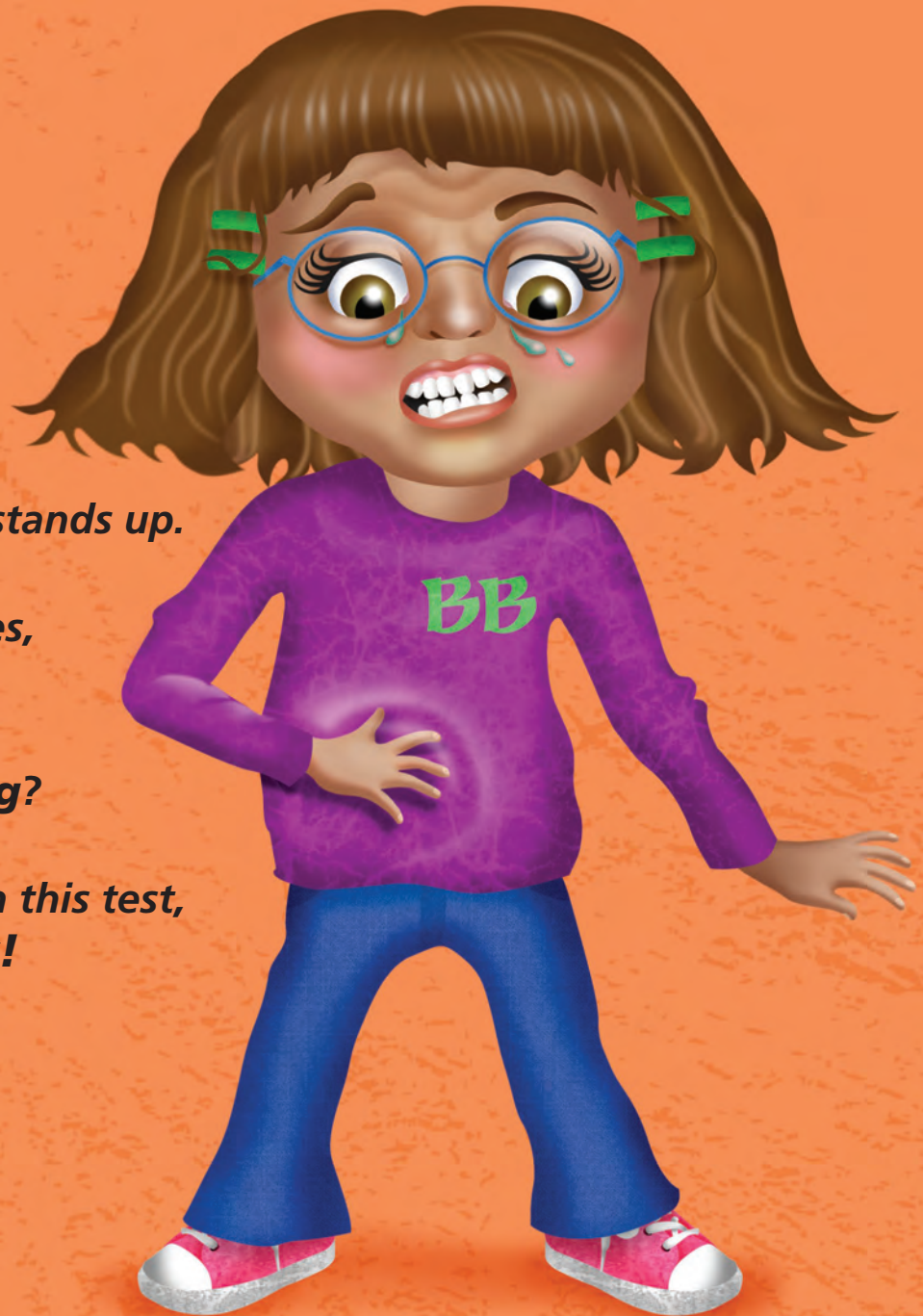
To me, the word test stands for "**Terrible Every Single Time**"
because that's how I always do on them...**TERRIBLE!**



Whenever I see or hear
the word test...

***The hair on the back of my neck stands up.
My face turns as red as a beet.
I start to sweat, my stomach aches,
and I can't control my feet!***

***What if I get every answer wrong?
And I don't get any right.
I just know I'll get a bad grade on this test,
so I don't even want to try!***






My mom and dad say that I'm going to have to keep taking tests of one kind or another for the rest of my life!

But now, it seems like every time I turn around, I have to take another test. We have spelling tests every week, math tests every chapter, social studies tests every unit, and then there's the BST!

The **BIG STATE TEST!**

The big one, that really, really counts, even though we don't get graded on it.



An illustration of a classroom scene. A teacher, shown from the chest up in a purple long-sleeved shirt, is pointing with their right hand towards a yellow paper held by a student. The student is a young girl with curly brown hair, wearing a light blue shirt, looking up at the teacher with a surprised expression. Another student, a boy with blonde hair and a green eye patch, is visible behind the teacher, smiling. They are all seated at a wooden desk with several papers on it. The background is a soft, light blue gradient.

Last week, I studied my
spelling words every single
night after school. I knew
all of them by Tuesday, but
I kept studying anyway.

Then, on Friday, when I
heard my teacher say:

***“Ok, it’s
time to
take your
spelling
test,”***

A cartoon illustration of a young girl with brown hair, wearing glasses and a red shirt. She is holding a yellow pencil in her mouth and looking at a worksheet. The worksheet has a table with columns for 'Name', 'Date', 'Time', 'Place', 'Weather', 'Temperature', 'Wind', 'Clouds', 'Precipitation', 'Humidity', 'Air Quality', 'Water Quality', 'Soil Quality', 'Vegetation', 'Animals', 'Plants', 'Insects', 'Fungi', 'Bacteria', 'Viruses', 'Protozoa', 'Mollusks', 'Arthropods', 'Chordates', 'Mammals', 'Birds', 'Reptiles', 'Amphibians', 'Fish', 'Invertebrates', 'Monera', 'Protista', 'Fungi', 'Plantae', 'Animalia'. The girl is holding the pencil in her mouth, and the worksheet is open in front of her.