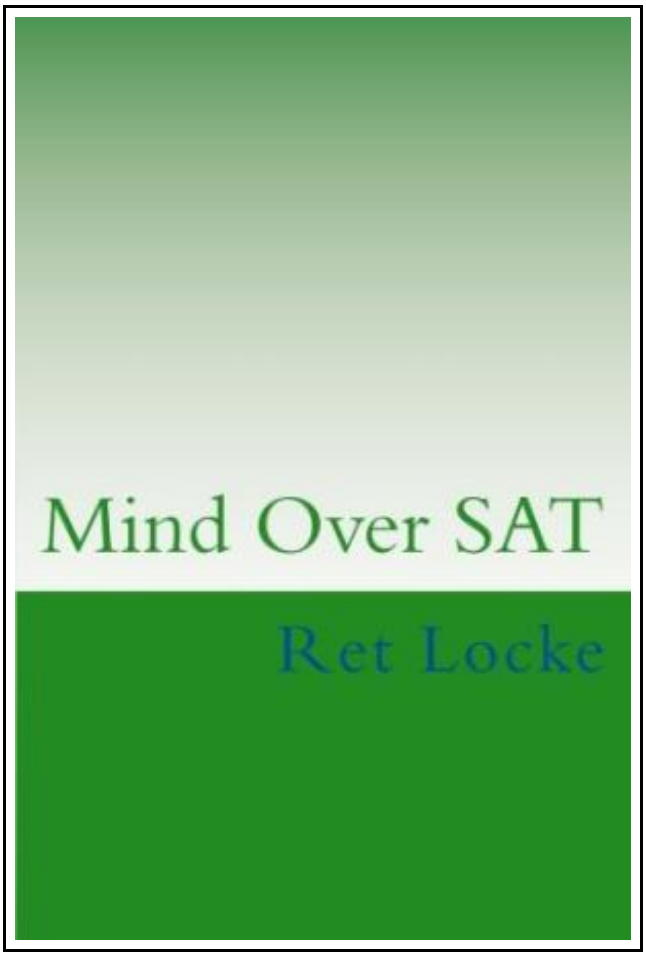
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MIND OVER SAT: MASTERING THE MENTAL SIDE OF THE SAT (PAPERBACK)

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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Taking the SAT is a high-stakes mental game as close to competing in the Olympics as many of us will ever get. There are two ways to look at this breed of high-stakes stress: It s either a challenge or a threat. The typical student views the SAT as a threat to higher education, to intelligence, or to self-worth. If any of this is sounding familiar, then Mind Over SAT: Mastering the Mental Side of the SAT is today s required reading. Do you know the differences between fear and anxiety? Are you familiar with the six common sources of anxiety for test takers or how many of them apply to you? Ret Locke illuminates all of this and more in a very accessible style and manner that is encouraging and motivational rather than devastating. The brain is the common denominator in emotional, physical, and mental performance because it facilitates communication between all three. Imagine the power of your mind working for you instead of worrying about the score or your opponent. Imagine trusting yourself to perform without preconceptions or fear of failure. Learn how to shift your mental state and turn the threat associated with a poor SAT score into an opportunity for growth and success. This is no easy task, but Locke proves to be the perfect guide through the process of understanding the psychology behind SAT stress then reversing the negative effects. There are three factors that make tests like the SAT unique: judgment, unfamiliarity, and uncertainty. Knowing that your performance is being judged magnifies stress and anxiety. The SAT is a judgment tool used to determine admissions and financial aid eligibility. According to College...

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