



# Stress Less for the Test

Powered by  
The Resilient Youth Initiative

## Transform Test Anxiety into Peak Performance

Available for free for Will County residents and educators who work in Will County.

- This course is 2 hours long
- Educators can earn 2 hours of PD credit for the course

**Register Today!**



## What if your student could...

**Walk into any test feeling calm and confident** – instead of anxious and overwhelmed

**Think clearly under pressure** – accessing the knowledge they’ve studied when it matters most

**Sleep better before big exams** – waking up refreshed and ready to perform

**Bounce back from difficult questions** – staying focused instead of panicking

**Perform at the level they’re truly capable of** – consistently, not just on good days

## The Stress Less for the Test Program delivers proven results:

Your student will learn powerful stress management and peak performance techniques – including relaxation response training, visualization, breathing techniques, and mindset strategies. But here’s the best part: these skills don’t just help with tests – they transfer directly to extracurricular activities, presentations, job interviews, and any high-pressure situation they’ll face in life.

## This isn't just test prep – it's life preparation!

Perfect for Busy Students & Families:

- **Completely online and self-**

**paced** – fits any schedule

- **Just 3 classes** – manageable, bite-sized sessions that won't overwhelm
- **Easy-to-implement techniques** – practical strategies to use immediately
- **Works for any test** – SAT, ACT, finals, statewide assessments, and more
- **Benefits last a lifetime** – skills that transfer from junior high to high school to college, career, and beyond

## FREE for All Will County Residents!

Thanks to United Way of Will County, this course is available for free for Will County residents and educators who work in Will County.

Contact Pete Sullivan at the United Way of Will County today to register at [pete@uwwill.org](mailto:pete@uwwill.org)

This program is made possible through the Will County ARPA Grant.



## What Students Will Master:

### CLASS 1

#### Daily Brain Training

Your student will learn to activate the Relaxation Response through body scans, visualization, and mindfulness practices that rewire their brain's stress response at a fundamental level.

### CLASS 2

#### Managing Pre-Test Stress

Powerful techniques like reframing and anchoring statements help students keep stress manageable during studying and on the way to tests – transforming nervous energy into focused performance.

### CLASS 3

#### In-Test Tools

Quick, discrete “mini” techniques students can use right in the testing room to reset their nervous system when stress strikes – without anyone noticing.

## Plus Peak Performance Strategies

Six evidence-based tips for optimal performance:

- SMART goal-setting for clear focus
- Building supportive relationships
- Restorative study breaks that actually work
- Sleep strategies for cognitive performance
- Growth mindset development
- Body language techniques for confidence

## Benefits Your Student Will Experience:

**Better Test Performance** Students learn to stay in the optimal performance zone – motivated and focused without being overwhelmed by toxic stress levels.

**Improved Sleep & Recovery** Evidence-based sleep strategies help students get the rest they need for peak cognitive performance and decision-making.

**Enhanced Focus & Clarity** Breathing techniques and mindfulness practices keep students centered and thinking clearly, even when facing difficult questions.

**Lasting Confidence** Growth mindset training and goal-setting strategies build unshakeable self-belief that carries through wins and setbacks.

**Life-Long Resilience** These aren't just test-taking tricks – they're skills for managing stress and performing under pressure in college, career, and beyond.