

Is the ACT Writing Test required to enter the colleges I am exploring? At this time, some colleges are requiring or recommending the **writing portion** of the ACT. You can find out which colleges want you to take the writing portion of the ACT by accessing the web link below and entering the requested search information.

<http://actrs19.act.org/app3/writPrefRM>

TEST ANXIETY

Anxiety is not always a negative thing, as it can stimulate us to perform beyond what we would expect. But too much anxiety can be debilitating. Testing can produce anxiety that can be detrimental to performing well on tests. Poor test performance may result in a descending spiral of dread, anxiety, and poor performance, thereby resulting in ongoing grade issues in courses that are test performance dependent. To help families and kids, GMHS has provided the websites listed below for the latest in supportive approaches in dealing with test anxiety. Many of these resources are from college/university websites, where the demand for test performance is the greatest. If you need further assistance, please see your school counselor or your family physician for recommendations.

<http://ub-counseling.buffalo.edu/stresstestanxiety.shtml>

<http://www.und.edu/dept/ULC/ASEPKit/anxiety.html>

<http://www.campusblues.com/test.asp>

http://kidshealth.org/teen/school_jobs/school/test_anxiety.html