



School Made Easier: A Kid's Guide to Study Strategies and Anxiety-Busting Tools

Wendy L. Moss PhD, Robin Deluca-Acconi LCSW

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On the first day of school, students and teachers have high hopes for the year. But as homework piles up and test dates approach, a lot of kids start to feel stressed and struggle to deal with it. *School Made Easier* focuses on how to manage that academic stress and the emotions that might interfere with academic success. The book teaches students ways to reduce their anxiety, increase their confidence in school, and study more effectively. These strategies such as learning positive self-talk, setting up the proper study environment, and becoming one's own study coach are designed to be fun and easy to learn. Also includes case studies of real kids, self-assessment checklists, and lots of Quick Tips.

Silver Medal winner, 2015 Moonbeam Award, Non-Fiction Chapter Book

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