

Web Site Works To Reduce Student Stress

(NAPSA)—A growing number of students are finding they can improve their performance during a test by reducing stress before the test takes place.

According to experts, a winning stress-related strategy is usually a combination of relaxation techniques, good health habits, and positive self-talk. Here are a few tips.

- Get enough sleep before the test.
- Try to stick to a nutritious diet the day of an exam.
- Before leaving for a test, do a ten-minute relaxation exercise. This can include visualization, meditation, muscle relaxation, or deep breathing techniques.

Now, a Web site affiliated with the College Board has taken a step toward reducing some of the stress associated with the SAT.

The site makes it possible for students to register for the SAT online and receive an immediate ticket for the examination.

SAT test centers require proof of registration and a printed ticket gains students admittance to the center on test day.

According to the Web site, the new e-ticket means the end to waiting days—or even weeks—for a printed ticket to arrive. Last minute registrants can print the e-ticket themselves and feel secure knowing they've got their ticket in hand. A complete list of upcoming test dates can also be found on the Web site.



www.collegeboard.com offers a new service that lets students register online for the SAT.

Many believe the site has evolved into the leading destination for students and parents who want to get the best advice on the college planning process.

In addition to registering for the SAT, students can also take a practice mini-SAT and get a predicted score.

There are also resources to help students choose the college that's right for them and there is a wealth of information about financial aid.

To learn more, visit www.collegeboard.com.