

## Overcoming school anxiety: how to help your child deal with separation, tests, homework, bullies, math phobia, and other worries

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### Abstrak

Every year, more than 68 million students of every age find themselves worrying endlessly about that first day of school, even before it begins. Their hearts race, their stomachs turn and their palms sweat just thinking about getting on the school bus for the first time, that first surprise quiz, or that notoriously strict teacher. For parents of these children, nothing can be more upsetting than dropping their kids off on the first day of school, wondering how they will cope. Now, they can stop worrying and start helping. As a seasoned psychotherapist, Diane Peters Mayer has successfully treated hundreds of elementary and high school students suffering from this common and serious problem. In "Overcoming School Anxiety", she shows parents how to deal with a wide variety of concerns from the fear of leaving home and refusal to go to school, to bullying and school violence and the fear of speaking up in class.