

Relax, It's Time To Take The GMAT (And The SAT)

Written by Australian Business

NEW YORK, NY, May 11, 2014 **/24-7PressRelease/** -- The College Board recently announced big changes to the SAT. And these changes emphasize what each student has learned so far in school, not what they can cram in a few weeks. Test Prep New York (and now San Francisco), believes that test takers are comfortable with the content, but the anxiety of taking the test prevents students from showing what they know and achieving the scores that are needed. "At Test Prep New York, we've seen clients whose scores improved 30 percent when they addressed their anxiety issues," says co-founder Bara Sapir. "The hard science research indicates a student's score can be compromised anywhere from 12 to 35 percent as a result of test anxiety. This means the difference between a disappointing score and a solid, high score and between rejection and acceptance."

Sapir, a former Princeton Review instructor and a 20+ year veteran of the test prep industry founded Test Prep New York (TPNY) nine years ago. She earned a Masters degree in Education from the Jewish Theological Seminary in New York, an MA in Art History and a BFA from the University of Michigan. She is certified in NLP, Integrated Life Coaching, Reiki and Hypnotism. TPNY has been utilizing mindfulness techniques, sports psychology, and holistic modalities to optimize test taking potential for every student who peaked and plateaued with traditional study methods. First they identify each test-taker's comfort zone and patterns of error. They then customize a program for each student and then address their issues with anxiety, stress, or concentration. These admissions and educational tests - the GMAT, LSAT, GRE, MCAT, ACT, USMLE, (there's 23 and counting) do nothing to showcase the individual genius of the students. But being mindful and centered has enabled students to concentrate on the task at hand, which serves them well for these tests and beyond.

This Spring, TPNY releases the new book Full Potential GMAT Sentence Correction Intensive (Nova Press), featuring the most detailed review of Sentence Correction questions, necessary for students aiming to score 700+. The book focuses on what students will see on the GMAT, based on extensive research of real GMAT questions. There are more than 200 examples illustrating key grammar rules and hundreds of practice questions to build mastery of concepts, as well as over 30 exercises drawn from sports psychology, mindfulness, and holistic health to optimize test day performance. Also found at TPNY's shop are The MindFlow class, which teaches Advanced Reading Skills, enabling test-takers to read up to 4X faster without compromising comprehension; and the Full Potential Audio Program which optimizes test-taking potential by enhancing retention, concentration, and confidence for the test. The company recently opened an office in San Francisco (TPSF), so the Mindflow classes are now taught in NYC Tri State area, the Bay Area and soon, online.

TPNY/TPSF is a boutique test prep and academic tutoring company. They are the only company to fuse traditional academic and test preparation training and strategy with positive mindset techniques. They are to students what sports psychologists and trainers are to athletes.