



Welcome!

I am Heidi, licensed and nationally certified school psychologist and mother of seven with 25 years of experience. I started Nest Psychological Services after a decade of working in public education. After successfully completing residency and boards, I have enjoyed many opportunities that grew me professionally and personally. I have experience in higher education as an adjunct professor, psychologist for the Child Development Center for the Department of Health, Educational Consultant for Reading Improvement, Autism Specialist for regions across the state, and trauma expert. I find my greatest joy in sharing information with others to improve the lives of youth everywhere, especially those misunderstood. I have been honored to present, speak, and train many agencies and individuals on a variety of topics to improve the well being of children and the adults that raise and support them. You can access my many courses, free resources, and tools on my website or my Instagram @heidi_hawks. I am thankful you found me and can't wait to support you moving forward!



“What you do makes a difference, and you have to decide what kind of difference you want to make.” - Jane Goodall

Heidi Hawkins
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Visualization Script

Test Anxiety Tools for Teachers & Parents

Welcome, students, to our session on harnessing the power of visualization to conquer test anxiety. Today, we're going to embark on a journey of mental imagery that will equip you with the tools to face tests with confidence and calmness. So, find a comfortable position, close your eyes, and let's begin.

Take a deep breath in, filling your lungs with fresh air, and exhale slowly, releasing any tension or worry from your body. With each breath, feel yourself becoming more relaxed and at ease.

Now, imagine yourself in a familiar testing environment, sitting at your desk with a pencil in hand and a test paper in front of you. Picture the room around you: the quiet hum of concentration, the soft glow of the overhead lights, and the reassuring presence of your classmates nearby.

As you glance down at the test paper, notice how your heart rate remains steady, and your mind feels clear and focused. You feel prepared and confident, knowing that you have studied diligently and are ready to showcase your knowledge.

With each question you encounter, visualize yourself approaching it with poise and determination. See yourself carefully reading each prompt, drawing upon your knowledge and skills to provide thoughtful and accurate responses.



If you encounter a challenging question, envision yourself remaining calm and composed, taking a deep breath to center yourself before tackling it with a clear and focused mind. Visualize the satisfaction you feel as you confidently work through each problem, knowing that you are capable of overcoming any obstacle.

As you progress through the test, feel a sense of accomplishment building within you with each question you answer correctly. Visualize yourself finishing the test with a sense of pride and satisfaction, knowing that you gave it your best effort.

Now, slowly bring your awareness back to the present moment, feeling refreshed and rejuvenated. Remember that you have the power within you to overcome test anxiety and perform at your best. With practice and persistence, you can harness the power of visualization to conquer any challenge that comes your way.

When you're ready, gently open your eyes, knowing that you are capable, confident, and ready to succeed.