Test Anxiety
Fall 2019 Workshop for Students

We all experience some sort of anxiety when taking a test. However, when anxiety gets in the way of your ability to think logically and recall facts, it becomes a problem that's interfering with your grades. Learn some of the common causes of test anxiety and what you can do to overcome them.

When & Where
Friday, October 4
3:30-5:00 PM
SHAC, Rm 234

What You’ll Learn:
- Preparation - How to approach an exam with confidence
- Relaxation strategies
- Managing time and study skills
- How to make test anxiety work for you

NO CHARGE!
For More Info, E-Mail: studentcounseling@unm.edu