Test Anxiety

A Spring 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**

One Session-Workshop offered on following dates:

- Tue., Jan. 29, 3:30-5:00 PM
- Wed., May 1, 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*