Test Anxiety
Spring 2020 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.

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

When & Where
One Session-Workshop offered on following dates:

Wed., Feb. 26, 3:00-4:30 PM
Wed., Apr. 29, 3:00-4:30 PM
SHAC, Room 234

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