Test Anxiety

*What is it?
*How to cope?

The Counseling Services Center will introduce *understanding of* and *methods to* cope with Test Anxiety, however it isn’t just one and done. As with many changes in thought and behavior it takes practice.

**Monday April 29th, 12-1 and 4-5**

**Thursday May 2, 4:30-5:30**

**Penfield Library Room 215**

Join us for simple preparation, before and after exams, to reduce stress and manage emotions related to test taking.

*Counseling Services Center*

"You think that's bad, I've got test prep anxiety."