

DEPARTMENT OF COUNSELING

Test Anxiety Workshop



**Feeling anxious before tests?
Having difficulty concentrating?
Worrying about your grades?**

Do you tend to freeze while taking a test?



Come join a group of students with similar concerns where you can find ways to manage them.

Co-sponsor: Office of Accessibility

Date: October 2, 2014

DAY: Thursday TIME: 1:30PM -2:30PM

ROOM: L 68.31 NB

**For more information, call (212)237-8111 or stop
by room L 68.00 NB**