



Test Anxiety Workshops

Could you benefit from a workshop that provides strategies for managing anxiety around taking tests? The Counseling Center hosts drop-in workshops throughout the semester with tips on:

- Remaining calm during tests and exams.
- Getting the most from your study time.
- Preparing effectively for tests and exams.

For **Spring 2022**, we will offer workshops on the following dates and times. To register, please visit counselingcenter.illinois.edu/TestAnxiety. All sessions will be offered via **Zoom**.

- Thursday, March 3 at 3 p.m.
- Tuesday, March 8 at 2 p.m.
- Monday, April 4 at 4 p.m.
- Monday, May 2 at 4 p.m.
- Wednesday, May 4 at 1 p.m.
- Thursday, May 5 at 4 p.m.

There are simple, effective ways that can help you perform well on tests and not let anxiety get the best of you! These workshops are free for students. If you have any questions about this group, please contact Dr. Kathy Wierzchowski at wierzch1@illinois.edu.



Student Affairs

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Counseling Center

counselingcenter.illinois.edu

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