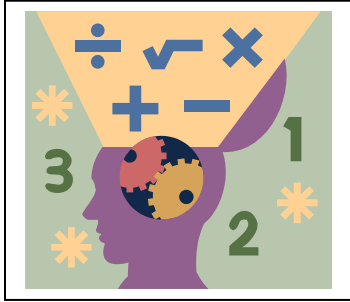




LEARNING HOW TO MANAGE TEST ANXIETY WORKSHOP



- ☆ Do you always get nervous before tests?
- ☆ Learn how to be better prepared
- ☆ Improve your performance on tests
- ☆ Increase your chances of success!

GET READY FOR YOUR EXAMS!

When: **Wednesday, March 1**

Time: **2-4 PM**

Where: **Science Center 461**

Sponsored by: Montgomery College, Rockville Counseling
Counseling and Advising Building, (240) 567-5063
<http://www.montgomerycollege.edu/Departments/studevrv>

For disability related accommodations call (240) 567-5058

Workshop Sign-up Form (**Please Print Legibly**)

(Keep the top portion of the form as a reminder and drop off the bottom part of the form in room 215, Counseling and Advising Building)

Name of Workshop: How To Manage Test Anxiety Date: _____

Name: _____

E-mail: _____

Phone: _____