**FINAL Exams are coming!**

* Do you always get nervous before tests?
* Feel like you’re not prepared?
* Do you want to improve your performance on tests?

**Come learn some tips to be calmer and better prepared –**

**and increase your chances of success!**

**MANAGING TEST ANXIETY WORKSHOP**

|  |  |
| --- | --- |
| When: **Wednesday, December 9**Time: **2:30 – 4:30 PM**Where: **Counseling and**  **Advising Building,** **Room 119** |  |

*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 or (301) 294-9672 (TTY)*

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: **Managing Test Anxiety**\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_