Test Anxiety Reduction Workshop

This workshop addresses the cognitive and behavioral causes of test anxiety, and provides skills/strategies to reduce anxiety in testing situations and improve performance.

April 28, 2015 (Tuesday) from 3 pm – 4:30 pm at the Cross Cultural Center-Price Center
June 2, 2015 (Tuesday) from 3:30 pm – 5 pm at the LGBT Resource Center-Old Student Center

This is a drop in workshop, but please direct questions to:
Ryan Stevenson, PhD (CAPS)
(858) 534-0255, (rfstevenson@ucsd.edu)
Joanna Boval, Director: Office for Students with Disabilities
(858) 534-4382, (jboval@ucsd.edu)

This meeting is not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS central office at 858 534 3755 to arrange an appointment.