Do you want to learn how to:
- feel more confident and relaxed when taking tests?
- use your test anxiety to improve your performance?
- learn effective strategies for managing your test anxiety?

...if so, please consider attending the

**Cultivating Confidence:**
**Mastering Test Anxiety Workshop**

Week 9 (Wednesday, 5-31-17 from 10:30am to Noon)
@The Office for Students with Disabilities (OSD), Conference Room

If you have any questions,
please contact the workshop facilitator
Dr. Ginger Villareal Armas at 858-246-2271.