

- 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?*

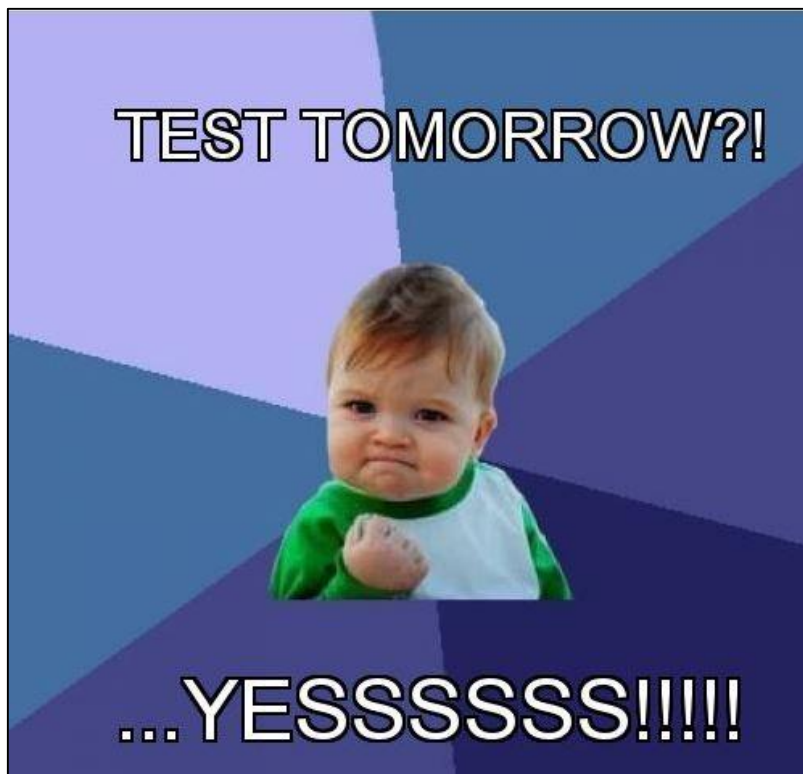
...if so, please consider attending the

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.