

# TEST ANXIETY WORKSHOPS

Tips on:

- Remaining calm during tests & exams
- Getting most from study tips
- Preparing effectively for tests&exams

Thursday, 10/20

Thursday, 11/10

Thursday, 12/8

12pm-12:45pm @ Counseling Center  
(2nd Floor Turner Student Service Building)

Workshops are FREE, but need to sign up by  
calling the Counseling Center at 217-333-3704.



Counseling Center  
[counselingcenter.illinois.edu](http://counselingcenter.illinois.edu)  
217-333-3704