



# Test Anxiety Workshops

Could you benefit from a workshop that provides strategies for managing anxiety around taking tests? The Counseling Center hosts drop-in workshops throughout the semester with tips on:

- Remaining calm during tests and exams.
- Getting the most from your study time.
- Preparing effectively for tests and exams.

For **Fall 2021**, we will offer workshops on the following dates and times. To register, please visit [counselingcenter.illinois.edu/TestAnxiety](https://counselingcenter.illinois.edu/TestAnxiety). The in-person sessions will take place in **Lincoln Hall room 1064**.

**Tuesday, October 5, 4-5 p.m. (online--Zoom link provided when you register.)**

**Tuesday, November 30, 4-5 p.m. (in-person)**

**Tuesday, December 6, 3-4 p.m. (in-person)**

There are simple, effective ways that can help you perform well on tests and not let anxiety get the best of you! These workshops are free for students.



**Student Affairs**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

**Counseling Center**

[counselingcenter.illinois.edu](https://counselingcenter.illinois.edu)

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