

learn how to decrease

test anxiety

Stress Less for Tests



Topics will include :

- *mind / body strategies for enhancing test performance*
- *calming down and focusing before and during the exam*
- *what to do when your mind goes blank*
- *curbing worry*
- *imagery and mental preparation*
- *eating for performance and the link between food & anxiety*

5:30 – 7:00 pm

Room 332 U.C.

Part 1 - NOV 27

Part 2 - NOV 29

Fee: \$ 10 for U of G students
(due to a Student Health Services subsidy)
\$ 60 for all others

Register and get more information about
this 2 session program
from the Stress Management Clinic :
* 519 824-4120, ext. 52662 (leave a message)
* e-mail Kathy at ksomers@uoguelph.ca
* visit www.SelfRegulationSkills.ca.

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Presented by the
Stress Management Clinic
and the dietitian at Student Health Services