

FERRIS STATE UNIVERSITY
Educational Counseling & Disabilities Services

HAVING TEST ANXIETY

Spring 2012
It's CRUNCH time!!



(anxious student)

Free Test Anxiety Workshop for Students

Provided by the Educational Counseling & Disabilities Services and the University Counseling Center. The workshop consists of two sessions:

Session I is a discussion of anxiety and coping mechanisms

- February 21 at 11 a.m. in STR 324
- April 17 at 11 a.m. in STR 324

Session II is focused on relaxation techniques

- February 23 at 11 a.m. on 2nd floor of Birkam Health Center
- April 19 at 11 a.m. on 2nd floor of Birkam Health Center

For more information call 591-3057 or stop by STR 313

Anyone who needs special accommodations to attend this activity must contact the ECDS at 591-3057 at least 72 hours in advance of event.