



BEATING TEST ANXIETY

JOIN US FOR A WORKSHOP

This workshop is for students who prepare well for class exams but consistently receive low test scores. Low test scores may be due to many factors such as test anxiety or concentration/focus problems. The workshop facilitator will help students define the problem and develop useful solutions.

The workshop will take 45 minutes and the content is the same for all sessions. No appointment is necessary to attend the workshops. Don't wait— come in now!

Study skills, note taking, and testing strategies are not covered in this workshop. Consult with Academic Enhancement in The Study for assistance with these skills: www.uky.edu/UGS/study



Counseling Center
Consultation and Psychological Services

Division of Student Affairs

201 Frazee Hall | next to the Student Center | (859) 257-8701
www.uky.edu/StudentAffairs/Counseling

**ALL WORKSHOPS
WILL BE HELD AT 2:00 PM IN ROOM
203 FRAZEE HALL**

(Next to the Student Center)

FALL 2011 WORKSHOP SCHEDULE:

TUESDAY	OCTOBER 4
WEDNESDAY	OCTOBER 12
TUESDAY	OCTOBER 18
WEDNESDAY	NOVEMBER 2
TUESDAY	NOVEMBER 8
WEDNESDAY	NOVEMBER 16
TUESDAY	DECEMBER 6

Academic, personal, and career services are offered free to fee-paying students currently enrolled for at least six credit hours at the University of Kentucky. Students who cannot attend the workshop times, but would still like assistance, can call (859) 257-8701 to ask about other available appointment times.