DON'T STRESS THE TEST

Date: Tuesday, March 1st
Time: 3:30-4:45pm
Location: Kellenberg Reception Room

Workshop addressing the following topics:
- Why we “blank” or panic during a test
- Managing negative thoughts and feelings
- Strategies to improve test performance
- Relaxation techniques

All workshops are free of charge for Molloy students! For questions or to RSVP please contact: Carrie Sollin (csollin@molloy.edu) or at 516-323-3484