

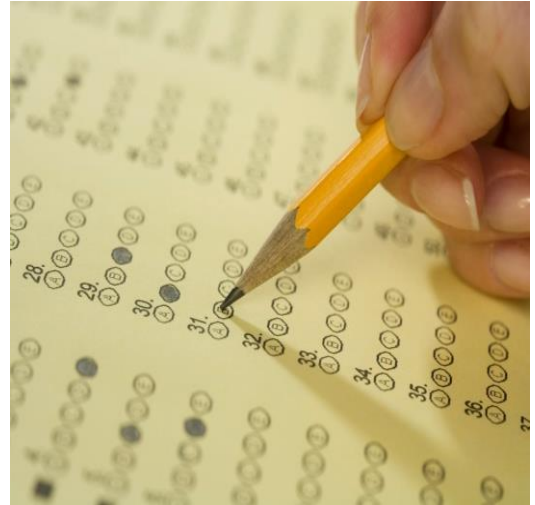
OPEN NOW

Overcoming Test Anxiety Counseling 048

1 unit class

Self paced (learn on your own time schedule)

Open entry/Open exit
(start or end any time during the semester)



Learn how to:

- **Understand the sources of your test anxiety**
- **Learn state-of-the-art stress busting techniques**
- **Approach your tests stress free**
- **Score well on all your tests**
- **Strategize what to do before, during, & after the test**

Class number: 70853

Questions: Call Tom Ventimiglia 760 744 1150 ext. 2186

Enroll now!