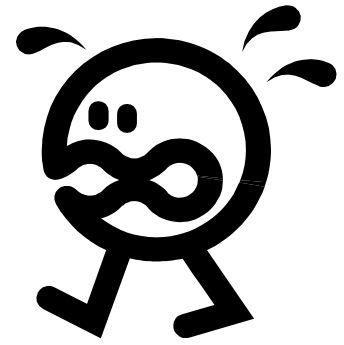


**Stressed about tests?
Overwhelmed with studying?
Suffering from *test anxiety*?**



Help is here!

Come to the...

TEST PREPARATION WORKSHOP!

Where you'll learn:



- how to overcome test anxiety.
- how to prioritize test materials.
- effective review and study strategies.
- how to use previous exams to study for future exams.

What students have said about this workshop:

"These workshops have helped me to improve in all areas. Thank you!"

"Great visual aid examples!"

Daytime Workshops:

Tue 9/22 & Wed 9/23 at 12-12:30 pm in room 851

Evening Workshops:

Tue 9/22 at 5:30-6 pm in room 851.

Wed 9/23 at 5:30-6 pm in room 844

New Evening Workshops!



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For more information email jtorres@yccd.edu or call (530) 661-5750.

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