

Start the Semester Strong with **Walk-In Workshops**



CONQUER TEST ANXIETY

This walk-in workshop will help students learn to recognize the symptoms of test anxiety, understand the causes of test anxiety, and reduce the effects of test anxiety.



STUDY SMARTER NOT HARDER

Many students find that the study strategies they used in high school are not as effective at the college level. This walk-in workshop will help students to develop new study skills and planning strategies for college success.



CREATING A TEST DAY GAME PLAN

College exams can be challenging and stressful. This walk-in workshop will teach strategies to use on the day of the exam to maximize your chances for success.



TAKING MULTIPLE CHOICE TESTS

Many college classes use multiple choice exams to assess students. However, this format can be very tricky for students to master. This walk-in workshop helps students to understand and perform better on multiple choice exams.



LEARNING FROM MISTAKES: CONDUCTING POST-TEST ANALYSIS

Sometimes, exams don't go as well as planned. When that happens, it can be helpful to try a self-analysis to identify ways to better prepare for your next exam. In this walk-in workshop, we will provide you with self-assessment tools to help with this process.

Walk-In Workshops are available in the Learning Center

Monday - Thursday 7:30 a.m. - 7:30 p.m. • Friday 7:30 a.m. - 2:00 p.m.