



## MIDTERM EXAMS ARE COMING!

- Do you always get nervous before tests?
- Feel like you're not prepared?
- Do you want to improve your performance on tests?

Come learn some tips to be **calmer** and **better prepared** –  
and increase your chances of success!

## MANAGING TEST ANXIETY WORKSHOP

When: **Tuesday, October 13**

Time: **2:30 – 4:30 PM**

Where: **Counseling and  
Advising Building,  
Room 119**



*Sponsored by:* Montgomery College, Rockville Counseling  
Counseling and Advising Building, (240) 567-5063  
<http://www.montgomerycollege.edu/Departments/studevrv>

*For disability related accommodations call (240) 567-5058 or (301) 294-9672 (TTY)*

### Workshop Sign-up Form (**Please Print Legibly**)

(Keep the top portion of the form as a reminder and drop off the bottom part of the form in room 215, Counseling and Advising Building)

Name of Workshop: **Managing Test Anxiety** \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_