

The Brain Freeze “Anti-Freeze”

Do you feel overwhelming *anxiety* and
find your *mind* going *blank* during
exams?

The Counseling Center
presents
the

Test Taking Anxiety Workshop

Wednesday, December 13th, 2:30-3:30
Art Gallery, Paul Robeson Campus Center

Join us and learn ways to improve
your approach to taking exams and
reduce your test taking anxiety

FOR MORE INFORMATION CALL: (973) 353-5805
www.counseling.newark.rutgers.edu