

# Academic Anxiety Online Program

*Overwhelmed by classes?  
Stressed by test-taking?  
Poor study habits?*

*WE CAN HELP!*

## **Counseling Services**

Phone: 785-532-6927

Email: [counsel@k-state.edu](mailto:counsel@k-state.edu)

232 English Counseling Services  
Building



Counseling Services now offers a free **4-session** academic anxiety training program available for K-State students through K-State Online. Topics covered include understanding and reducing academic stress, improving study skills, enhancing test-taking skills, and effective time management. The program is entirely online and features a discussion board to share concerns, get questions answered, and learn from other students.



You may register for this program at:  
<http://tinyurl.com/43ja9p5>

You will receive an email verifying you can  
access the program via K-State Online.

