

Academic Anxiety Online Program

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

WE CAN HELP!

<http://www.universitylifecafe.org>



Counseling Services introduces a free 4 session academic anxiety online program. 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.

To sign up, please send your name and email address to Sarah Martin, M.A. at mbsarah@ksu.edu. You will receive an email with further instructions.

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