

TEST ANXIETY

How to Cope!

Tuesday, August 23

12:00 – 1:00 p.m.

Riverview Conference Room

Learn to utilize resources to cope with test anxiety. This seminar will cover the Calm app, the Emotional Freedom Technique, and you'll make your own stress ball.

Pizza will be provided for students attending.



EFT TAPPING POINTS

1. Top of the head-at the crown
2. Beginning of the eyebrow
3. Side of eye
4. Under eye
5. Under nose
6. Chin
7. Beginning of the collarbone
8. Under the arm
9. Side of hand

PLEASE RSVP BY EMAILING, TESTING@SVCC.EDU

