My heart is pounding & I have a headache.

Sound Familiar?
You or someone you know may have

TEST ANXIETY

My mind is blank even though I studied hard.

20% of all college students typically experience some form of test anxiety.

Learn to overcome the stress you feel about tests and improve your scores in the free 5-week course, offered twice this semester.

Tuesdays, **February 12-March 12, 4-5pm**
**LOCATIONS:** Twin Falls: Evergreen C-76  Northside: Room 4  Mini-Cassia: Room A11  Blaine County: Room 516

Wednesdays, **April 3-May 1, 4-5pm**
**LOCATION:** Twin Falls Only: GRM 115

**Call 732-6260 or 732-6303 to sign up.**

Another friendly service of CSI Career & Counseling Services.