

Total Life Counseling Center presents . . .

Test Anxiety- Is it just Test Jitters?

This 4 week (90 minutes each) workshop will help your test anxious students learn to concentrate and relax for effective test-taking. Many high school students with test anxiety walk into and out of the classroom knowing the material, but forget it during the test. This workshop is particularly beneficial prior to the SAT and ACT.

Evelyn Wenzel, LCSW, CAP

Metro West, Winter Park & Clermont

Phone: 407-248-0030

Email: evelyn@totallifecounseling.com

Web Page: www.totallifecounseling.com

