



SAINT THOMAS AQUINAS ROMAN CATHOLIC SCHOOLS

STAR Catholic would like to invite parents/caregivers, staff, and students to join a session to support strategies to reduce Test Anxiety. We will be gathering in person, while the presentation will be facilitated virtually. This webinar is presented by Alberta Health Services - Addiction and Mental Health.

Presentation: Test Anxiety - Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

This session is free.

When: March 15th, 2023

Location: Christ the King School

Time: 6:00 - 7:30 PM

For more information on this presentation please contact:

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