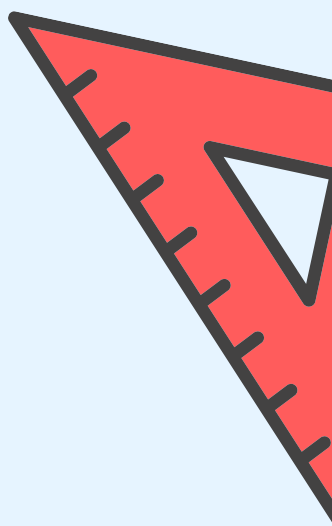


2-hour
Workshop



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Join us for a workshop led by two clinical psychologists Liza and Yisha. Learn practical strategies to:

- manage exam anxiety and assessment stress
- overcome procrastination and study avoidance
- manage time more effectively
- establish productive study habits

TIME: 2:30 TO 4:30PM

DATE: WED 3RD OCT

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