

Study skills and stress management workshop

For Yr 11 & 12 students

Join us for a workshop led by clinical psychologist Dr Liza Chervonsky on practical strategies to:

- Manage anxiety in exams and assessments
- Overcome procrastination and study avoidance
- Manage time more effectively
- Create and maintain positive study habits
- Manage distractions
- Improve your mindset about study and exams



TIME: 10:00am - 12:00pm

DATE: Tue 9th July

Venue: First Education, 1/158 Bondi Road, Bondi

Cost: \$100



Register now to secure your place:

<https://www.inlightpsychology.com.au/studyworkshop>