



# ARE YOU WINNING YOUR RACE?

A SERIES ON ACHIEVING YOUR PERSONAL BEST

**Stress Management Workshop:**  
Strategies on staying calm and focused when under pressure to complete assignments and take tests.

**Date:** Tuesday March 18th      **Time:** 12:30-1:30  
**Location:** Library Room 1310/1311  
**Presenter:** Mindy Schwartz Katz, M.S., A.C.C.  
ADHD/Life Coach

**Questions:** Susan Nixon/ Office of Educational Accessibility  
[scnixon@odu.edu](mailto:scnixon@odu.edu) (757) 285-5775