

ARE YOU WINNING YOUR RACE?

A SERIES ON ACHIEVING YOUR PERSONAL BEST

**THE STRESS OF THE RACE**

**Overcoming Performance Anxiety (with a focus on test-taking, presentations, and balancing classwork)**

**Date: Tuesday March 4th Time: 12:30-1:30**

**Location: 2017 Student Success Center**

**Presenters: Adela Roxas & April Brecht**