Preparing for the Qualifying Exam: Managing Anxiety

Thursday, February 27, 2020, 11:00-12:00pm
Garrison Room, Memorial Union 2nd Floor

Please Register:
https://w20preparingqualifyingexam.eventbrite.com

In this workshop, you will gain insight into the attitudes and beliefs that induce your anxiety and learn strategies to manage your anxiety before, during, and after your qualifying exam.

Workshop Leader: Dr. Bai-Yin Chen, Licensed Psychologist, Counseling Services. Bai-Yin Chen is a psychologist specializing in college mental health and graduate student concerns and issues.

Sponsored by Counseling Services and