



COLLEGE PREP EXPRESS

The Fastest Route to Admissions

(860) 519-1000

Academic Stress and Test Anxiety Reduction Workshop

Stop wasting precious energy worrying about school, grades, exams, and papers! Learn the awesomely powerful techniques of Mindfulness and put them to use to reduce academic stress in general and test anxiety in particular. Watch your scholastic performance improve as you learn to manage your mind, thoughts, and emotions, so they don't manage you! Do yourself a great favor and take this workshop in person or ONLINE right on your laptop, desktop, or even smartphone!

In a single two-hour session, students will learn and PRACTICE classic Mindfulness strategies used very successfully for years to treat general stress and manage pain. Breathing, meditation, and mental focus techniques will be taught and practiced, giving students simple and highly effective mechanism to use before and during anxiety-provoking, test-taking experiences. Students will learn to use the P-E-A-C-E acronym (and carry wallet-size reminder cards in their pockets) to help focus energy and increase

concentration whenever they feel the onset of academic (or any other) stress.

In person workshops take place in West Hartford (limited to 15), and live online workshops are fully interactive via web-based video, accessible from any browser or mobile device!



The workshop is designed and run by Michael J. Youmans, Ph.D. Because a premium is placed on PRACTICING THE SKILLS, students are encouraged to take more than one workshop, until the practice is fully integrated into their lives.

Mindfulness is paying careful attention, in the present moment, to our body sensations in a non-judgmental and compassionate way.