

Do you ever get *really nervous* before and during tests?

Does your mind ever *go blank* during quizzes, tests, and exams?

Do you ever *panic* when you can't remember answers to questions you know you studied?

**Learn to control your mind
so your mind won't control you!**

Have you ever studied really hard for a test, only to be *disappointed* and frustrated you didn't show what you know?

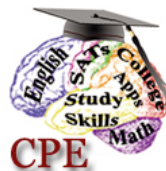


**Improve your scores
just by being mindful**



**It's not necessarily
what you know but
how you take the test**

Pause - Full stop
Exhale and inhale
Become Aware of body sensations
*Compassionately Concentrate on
breath and body*
Expand awareness
P-E-A-C-E

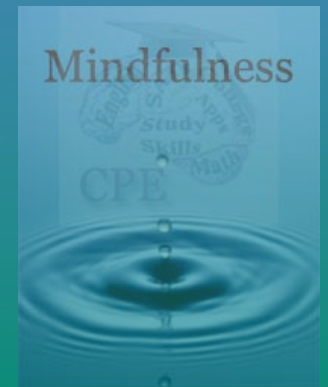


Phone: (860) 519-1000
Fax: (814) 286-1948
Mike@CollegePrepExpress.com
myoumans@post.harvard.edu
www.CollegePrepExpress.com

CollegePrepExpress, LLC
The Fastest Route to Admissions

**Mindfulness
Workshops**
Reduce Your Test Anxiety

Ages 12 & up



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Learn to see thoughts as just thoughts

Session 1

- Pre-Test
- What is Mindfulness?
- Breathing & HeartMath
- Awareness of Body Sensation & Compassionate Concentration: Body Scan
- HW: Body Scan

Session 2

- What is Test-Anxiety?
- Meditation for beginners
- Practicing P-E-A-C-E
- HW: Meditation and Practicing P-E-A-C-E

Session 3

- Seeing thoughts as just thoughts
- Test-Anxiety Surfing
- HW: Body Scan, Meditation, Practicing P-E-A-C-E, & Anxiety Surfing

Session 4

- Body Scan Revisited
- More practice with Test-Anxiety Surfing and P-E-A-C-E
- Post-Test
- Ongoing HW: Body Scan, Meditation, Anxiety Surfing & Practicing P-E-A-C-E

Designed and taught by Michael J. Youmans, Ph.D.



Dr. Youmans has been teaching middle school, high school, and college students for 20 years, during which

time he has also been in high demand as a private tutor and instructor of small standardized test prep and academic classes. He has also completed several Mindfulness courses and workshops in recent years and has adapted classic teachings to academic contexts. Dr. Youmans has a B.A. from Harvard, an M.A. in English from Lincoln College, Oxford, and a Ph.D. in Education from Boston College Lynch School of Education.

"Thanks, Mike. We have really appreciated your help with Will. He is willing to accept feedback from you that he would never hear from us. It really helps decrease the stress!" -Sue C., parent

Visit our website to watch a 3-min video overview of the workshop.

For locations, dates, times, and registration information, visit www.CollegePrepExpress.com or call 860-519-1000

How the Workshop Works

Students meet once or twice a week for four one-hour sessions during which they will learn and *practice* the techniques of Mindfulness, breathing, meditation, and mental focus, and learn to bring these skills to high-pressure academic situations, including quizzes, tests, and exams. Students will learn to use the **P-E-A-C-E** acronym (and carry wallet-size reminder cards) to help focus energy and increase concentration whenever they feel the onset of academic (or any other) stress.

Enrollment is limited to 15 to ensure individual attention.

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

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