



# Online Student Workshops

**The Less Stress Guide to Exams**

**Wednesday 10th May**

**5-6pm (Years 10 & 11)**

Are you currently experiencing **difficulties with exam stress**? Would you like to learn more about **what anxiety is** and **how to best to prepare for exams**?

You are invited to a workshop **exam stress**. It will help you to understand **what causes anxiety**. We will also discuss **techniques that you can use** to overcome anxiety for exams and coursework.

If you would like to join, please **let your school know** and they will send you the Microsoft Teams link.

You do not need an account to join. You will need access to the internet. If you have any questions please speak to your school.

**We look forward to meeting you.**

