

**Academic Support & Counseling and
Wellness Services Presents**

A MED STUDENT'S GUIDE TO TEST TAKING:

TIPS & STRATEGIES FOR SUCCESS

**What is the talk
about?**

Test Taking Strategies
How to cope with anxiety
How to Develop a testing mindset
Self Care
Resources & Support

September 21, 2022

5:30 -7:00 PM PST

Health Sciences Building T639

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UNIVERSITY *of* WASHINGTON

***Refreshments provided**