

Community Education Service



Improving emotional health and well being

Slaying "Examaphobia"

How students can approach tests with more confidence and strategies

Kathy Jarrell, MSW RSW
Educational Consultant, Alberta Mental Health Literacy Project

Learn how to understand "exam anxiety" as well as strategies to better address stress and improve performance.

This webinar will help us understand how some students often become very stressed and overwhelmed around taking exams. As a mental health clinician and MRU professor who has taught courses in optimal learning strategies, our presenter, Kathy Jarrell is ideally suited to take on this topic. She will address mental health aspects along with practical study and test taking strategies for students and those who support them.

Let's take a little time to learn how to learn and slay the dreaded "Examaphobia" dragon!

Youth welcome to participate

Tuesday Apr 6 2021 6:30 pm

Click here to register

FREE

online event

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services