

# Effective Study and Exam **Reduce** Anxiety

- How to turn exam stress into success
- How to calm down during exam
- Strategies enhancing your learning potential
- Tips on tackling essay and MC questions

Come and get advice from our Student Advisors at  
CEDARS-Learning Plus<sup>+</sup>  
12:00-2:00pm, Monday-Friday  
G/F, Main Library

