

FREE WORKSHOP

Test Anxiety?

Learn Relaxation
Techniques to improve
performance on the MCAT
and other tests

Tuesday July 26
7-8:30 PM
Garren Auditorium
Basic Science Building-UCSD

Hosted by UCSD School of Medicine and
SDSU's Collegiate for Health Related
Education (CUHRE)

Through 25 years of helping students faced with difficult tests that could make or break their careers, Dr. Brian Alman has found some simple strategies that allowed students to cope well and successfully pass their tests. He has also learned the consistent behaviors that caused



students to test badly. Everyone feels performance stress but how one copes does effect the results. One needs to learn how to block negative thoughts, use breathing exercises, gain better perspectives of situations and learn how to utilize self-support approaches. These strategies can generally be described as gaining a sense of control over the situation (as compared to the strategies that fail are associated with a sense of losing control). It's the difference between feeling relaxed and confident as opposed to rushing, allowing negative thoughts to interrupt concentration, or finding that stress controls those thoughts. <http://www.selfhypnosis.com>

I-5 to La Jolla Village Dr (North)
Turn LEFT (West) onto Gilman Dr
One-night parking pass \$3
good for B parking spaces and meters



Visit <http://maps.ucsd.edu/> for maps, directions, and parking information.

*RSVP to Zakiya Khabir at imacLewis@lewisassoc.com
with "Alman Seminar" in the subject line.*