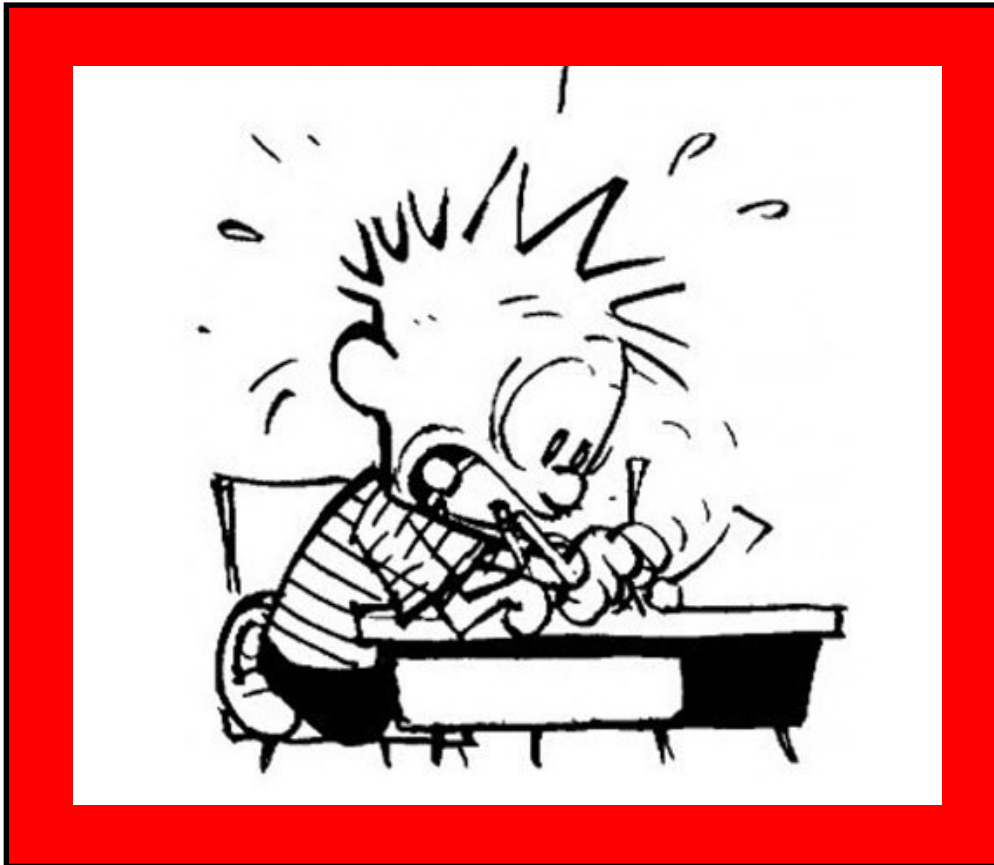


Exam Stress Workshops

Worried about your exams?

Come along to our Exam Stress Workshops to help you manage and calm yourself down during the exam period.



When? Wed 21 March - 12.25pm

Thur 29 March - 1.25pm

Mon 16 April - 1.25pm

Thur 26 April - 11am

Where? Room 137 (on the 1st floor)

How long? 50 minutes

No need to book.....come along for 1 session.....or all 4

For more information contact: counsellor@bracknell.ac.uk or ask in Student Services