

WHERE TO GO FOR HELP

AT YOUR COLLEGE

VISIT . . .

Academic Learning/Skills Center

IF YOU NEED HELP . . .

preparing for tests. Almost every college has a learning assistance support center whose specialty is to help you study for tests. The best students, good students who want to be even better, and students with academic difficulties use learning centers and tutoring services. These services are offered by both full-time professionals and highly skilled peer tutors and are usually free.

Counseling Center

finding workshops and individual or group counseling for test anxiety. Sometimes these services are also offered by the campus health center. Ask your instructor where you can find counseling services at your college.

Fellow students

finding a tutor or joining a study group. Students who work with tutors and in study groups are much more likely to be successful. Often the best help we can get is the closest to us. Keep an eye out in your classes and extracurricular activities for the best students—those who appear to be the most serious, purposeful, and directed.

ONLINE

GO TO . . .

Florida Atlantic University's Center for Learning and Student Success (CLASS):
fau.edu/class/Success/test%20tips.jpg

IF YOU NEED HELP . . .

finding a list of tips to help you prepare for exams.

Study Guides and Strategies:
studygs.net/tstprp8.htm

getting tips for reducing text anxiety.

MY COLLEGE'S RESOURCES
