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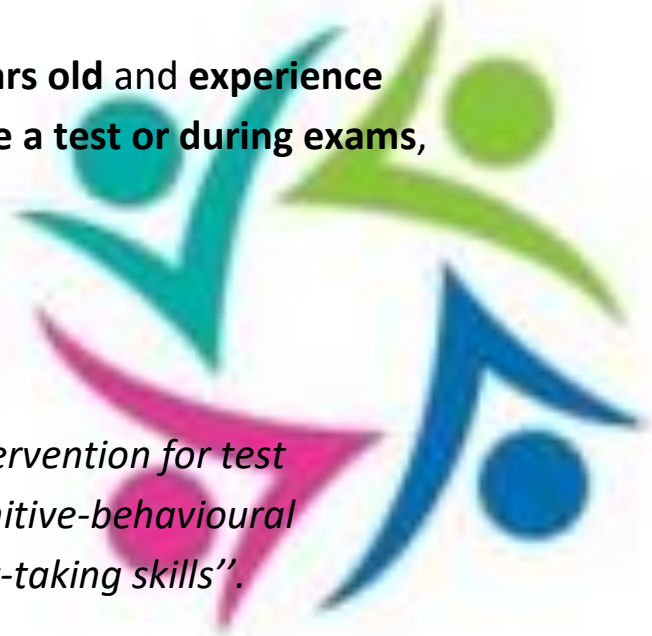
Agathonos 11, Kapsalos 3087, Limassol

Strategies to Tackle Exam Pressure and Stress-

STEPS

If you are a student between **14-19 years old** and **experience stress and anxiety every time you have a test or during exams**, this workshop may be for you.

STEPS



“STEPS is a six-session low intensity intervention for test anxiety, based on the principles of cognitive-behavioural therapy, combined with study- and test-taking skills”.

You will be taught:

- To identify signs and triggers of exam anxiety
- To identify and challenge negative beliefs
- Relaxation techniques
- Goal setting
- Exam preparation and study techniques.

Meetings every Tuesday and Thursday for three weeks in March.

05/03/2024- 21/03/2024

If you would like to know more about the workshop, please contact Konstantina Evelthontos through email on konstantinapsych@gmail.com or call at 99971449.