

# Community Education Service



*Improving emotional health and well being*

## Slaying “Examaphobia” How students can approach tests with more confidence and strategies

Kathy Jarrell MSW RSW  
Educational Consultant with Alberta Mental Health Literacy Project

**Learn how to understand “exam anxiety” as well as strategies to better address stress and improve performance.**

This webinar will help us understand how some students often become very stressed and overwhelmed around taking exams. As a mental health clinician and MRU professor who has taught courses in optimal learning strategies, our presenter, Kathy Jarrell is ideally suited to take on this topic. She will address mental health aspects along with practical study and test taking strategies for students and those who support them.

**Let’s take a little time to learn how to learn and slay the dreaded “Examaphobia” dragon!**

**FREE Webinar**  
**Tuesday January 12 2021**  
**6:30-8 pm (MST)**

[Register here](#)