



October 23, 2015

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## Media Advisory

### Test Anxiety Workshop at Oasis Wellness Center to Help Students Manage Stress

- WHAT:** The Oasis Wellness Center at the University Student Union is inviting all CSUN students to learn how to get past personal barriers and find powerful ways to manage anxiety while improving test performance.
- WHO:** Tiffany Shanks, Oasis Wellness Center Manager, is responsible for coordinating this event.
- WHEN:** Friday, Oct. 23 and Oct. 30 from 2:15 to 3:45 p.m.  
Friday, Nov. 13, Nov. 20 and Dec. 4 from 1 to 2:30 p.m.
- WHERE:** Oasis Wellness Center
- WHY:** Provide all current CSUN students an opportunity to learn how to manage and alleviate test anxiety.
- BACKGROUND:** Dr. Saimir Thano of University Counseling Services will help students learn highly effective techniques to manage test anxiety and how to improve scholastic performance. The Test Anxiety Workshop is free for all current CSUN students at the Oasis. Space is first come, first served and students can sign up the day before each session to reserve their space on [www.csun.edu/oasis](http://www.csun.edu/oasis).

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*The University Student Union (USU) is committed to inclusion, diversity and personal growth for all students while providing services such as study areas, a computer lab, TV lounge, games room and wireless printing kiosks in addition to a variety of food options and a wide range of events. The USU includes the Student Recreation Center, Oasis Wellness Center, Pride Center and Veterans Resource Center. To learn more, please visit [www.csun.edu/usu](http://www.csun.edu/usu).*