



ECU Surviving Exams Workshop

ECU Surviving Exams Workshop is a half day information session to help you improve your ability to successfully complete exams in high school.

Suitable for students enrolled in years 10, 11 and 12.

Register now if you:

- have difficulty managing the stress of exams
- find it hard to organise yourself to study effectively
- have difficulty remaining clear and sharp during exams
- don't understand how to answer different exam questions

The workshop will be facilitated by postgraduate Clinical Psychology students under supervision of Senior Clinical Psychologists and aims to equip you with the knowledge and skills to improve your exam success.

This workshop will cover:

- understanding and managing exam stress
- how to create effective study habits
- setting realistic study goals
- how to answer different types of questions
- time management techniques
- motivation techniques to succeed

Further Information

Please call us on (08) 6304 7200

ECU.EDU.AU



When

Monday 30 September 2024
9am - 12pm

Location

ECU Psychological Services Centre
Level 2, 30 Dundee Road
Wanneroo WA 6065

COST

\$10 – includes workshop, tea, coffee and a light snack. Reduced fees for concession card holders.

Register

Email: psychologicalservices@ecu.edu.au

(registrations will be confirmed prior to commencement of workshop).