



Decrease
Distraction
& Negative
Thinking

**Manage
Test Stress**

Improve
Your Test
Scores

Develop
Pre-Test
Routine &
Strategies



Optimal Mood States & Mental Preparation For Tests

Presented by:

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Psychologist

Counseling & Educational Support Services

For questions or to reserve your spot, call
913-588-6587 or email llong@kumc.edu

February 15 Noon-1 PM
1023 Orr Major

OR

February 23 Noon-1 PM
1049 School of Nursing