



Making Anxiety Work for Your Exams and Performance



Next course begins
Thu 10 August 2023
16.00 - 17.30
(6 consecutive weeks
until 14th September).

Registration until 6th August
via zsb@uni-bielefeld.de.

You are not alone: Approximately 1 in 3 students is concerned about anxiety when it comes to taking exams or performing well on assignments. Yet our deepest yearnings and most powerful motivations often lie hidden inside our anxiety. Anxiety can actually be useful when you know how to harness its power instead of letting it overwhelm you.

The ZSB invites you to a weekly training group in English, first meeting on Thursday 10th August 16:00-17:30.

Through interactive activities, you will learn to apply the necessary skills to reconnect with your values and do what matters in the midst of an anxiety-inducing situation.

This 6-week training will be guided by Kim Dang (MSc Psych) and will be a supportive and confidential space.

Registration until Sunday 6th August via email zsb@uni-bielefeld.de

International and German students are welcome alike.