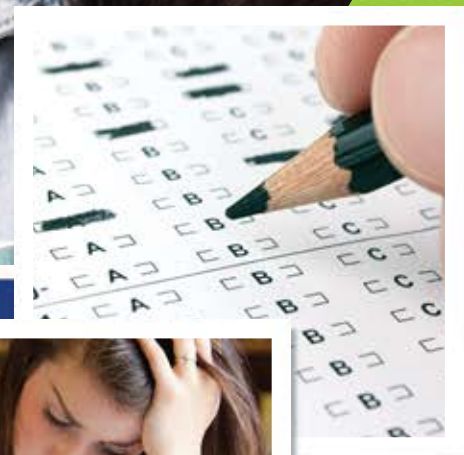


# Are you struggling with how to study?

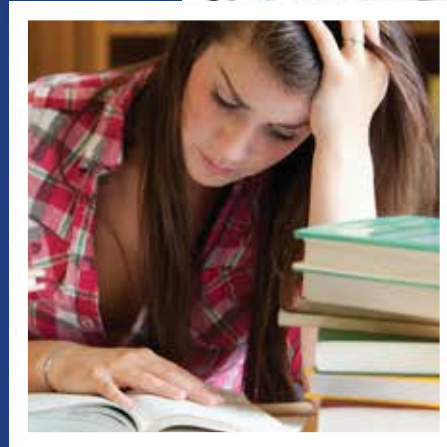
## How to manage your time?

### Test performance or test anxiety?



## **The Special Services** **STUDENT NAVIGATOR** *has the tools to help you succeed:*

- Learn tips for test success
- Take assessments to determine how you learn best
- Obtain referrals to other CPTC services and resources
- Hear about new study strategies
- Become confident and stress free
- Balance your time between school and responsibilities
- Overcome test anxiety



## Contact Info

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