Making Anxiety Work for Your Exams and Performances

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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. If anxiety can actually be useful, how do we harness its power instead of letting it overwhelm us?

The ZSB invites you to a 2-day workshop in English on Thursday 6th and Friday 7th October from 10:00 to 17:00.

This in-depth workshop will give you the opportunity to understand your own experience with performance anxiety. 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.

The workshop will be guided by Kim Dang (Bielefeld University, MSc Psych) and will be a supportive and confidential space.

Registration until 2. October by e-mail zsb@uni-bielefeld.de. International and German students are welcome.