



# Tips and Tricks to Survive Exams: Strategies for Parents and Students

- ✓ Practical strategies to help keep stress manageable and useful in the lead-up to exams
- ✓ Practice techniques to address exam day stress
- ✓ Instruction guide to take home
- ✓ Useful apps

**7:00pm**

**January 10<sup>th</sup>**

**Library Learning Commons ECCHS**

