

October 8,
4:30pm F-221

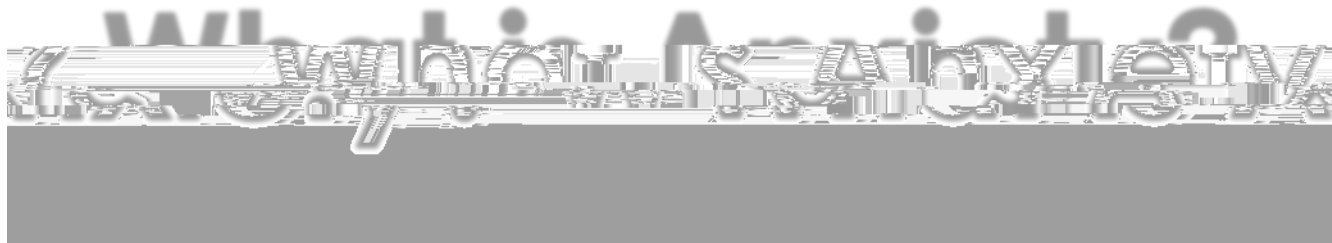
How to Manage Test Anxiety

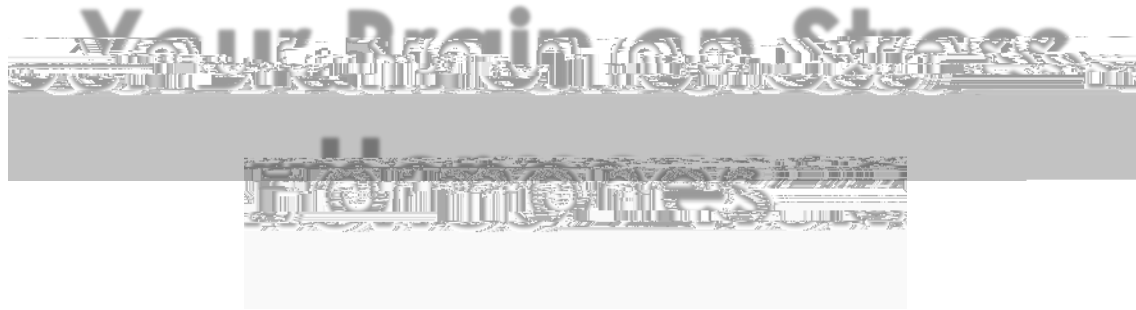
Nate Morell MSW, LCSW
Assistant Director of
Counseling Services
Nathan.morell@stockton.edu



Introduction







► **Key Moments:**

► **2008** – The first year of the Obama administration

► **2009** – The first year of the Obama administration

► **2010** – The first year of the Obama administration

► **2011** – The first year of the Obama administration

► **2012** – The first year of the Obama administration

► **2013** – The first year of the Obama administration

► **2014** – The first year of the Obama administration

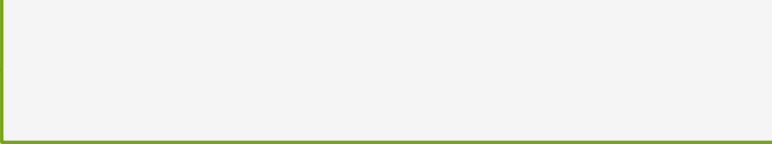
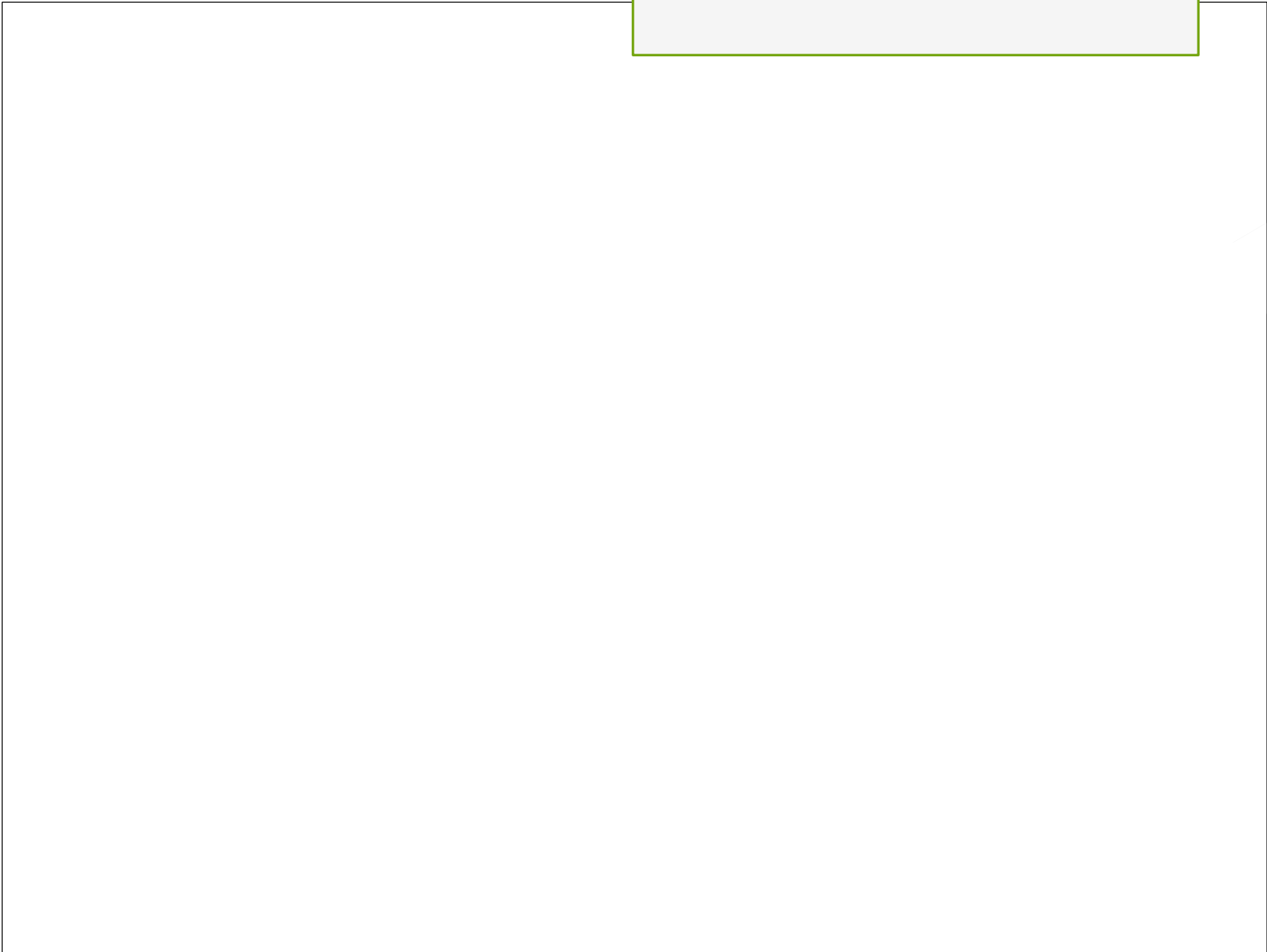
► **2015** – The first year of the Obama administration

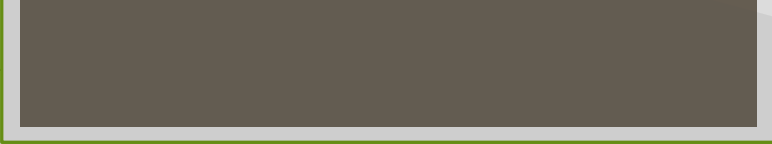
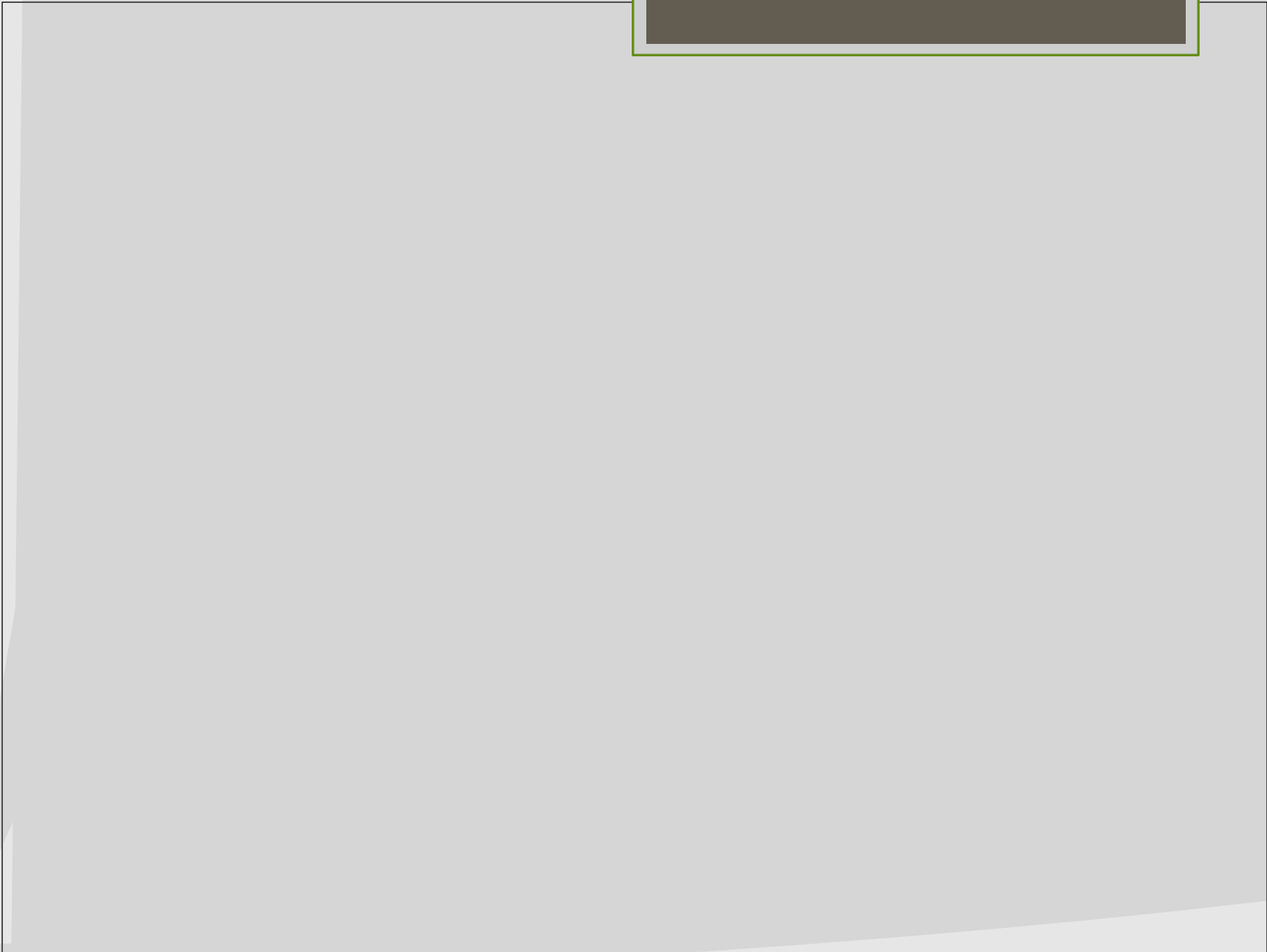
► **2016** – The first year of the Obama administration

► **2017** – The first year of the Obama administration

► **2018** – The first year of the Obama administration











Anxiety disorders are highly treatable. Most people respond well to therapy, medication, or both. If you think that you

