



## Study Skills Seminar: Test Taking Strategies

PeggySue King, Sylvan Director of Education, hosted the Olympia Sylvan's latest FREE Seminar. This seminar was student focused and Test Taking Strategies were highlighted. Handling test anxiety, discussing different types of tests and how to prepare for testing was covered. Take-aways from student's that attended the seminar included:

*"Get a good night's sleep."*

*"Have a positive mind set."*

*"Remember: It's one day and one test."*

Stay tuned for our next FREE EVENT!