

A top-down view of a white surface with various coffee-related items. In the top left, a cluster of dark brown coffee beans is scattered. In the top right, a small white bowl contains golden-brown sugar cubes, with a few more cubes and beans scattered nearby. A silver spoon lies horizontally above the bowl. In the center right, a white cup filled with dark coffee sits on a matching saucer. In the bottom right, more sugar cubes and almond croissants are visible. The background is a clean, bright white.

# Coffee w/ Admin

This month's topic:

## Anxiety

Key Points:

Test taking strategies

How to cope with anxiety

Coping skills

Monday March 25th

7:45am-8:30am

In person and via zoom



Scan QR code to  
access zoom link