

\$UH \R \M UULILHG RI WXWRULDUR JHUEH \$WEDOLLR Q\$
SDQLF" 'R \RX DJRQLJH IRU GD\V RU ZHWHNR\XEHIR
ZLOO VDI\ WKLQJWZDNQYRKBMHEDOXVRX ZRHUJHW ZK
JRLQJ WR VDI\ RU RWKHUZLVH H[SHULHQFH WRWD

:HOO VR GR PDQ\ RWKHU SHRSOH LQEDXGLQJ VF
7KH IHDU LV VR FRPPRQ LWSWUHIRHUQDJRMDDDQPLHW
DQG PDQ\ RI WKH ZRUOG V EHVW SHUWRUPHUV LC
PXVFLDQV DQG DFRVBUHDOKZLWKKIDVGRW6R \RX FDQ

:KDW V JRLQJ RQ"

,W FDQ KHOS WR XQGHUVWDQG ZKDWOVWJRDWJRQ
UHDFWLRQV DUH FRQVWUROO\KDXWVRKWSZKHQZJH
JHW QHUYRXV RU DQ[LRXV ZH VZLWFRQVZLWKF
VWUHVUHVSRQVL SVBXV XV WR €p0 À

"Everyone makes mistakes - it's no big deal if I make one occasionally."

"So what if someone guesses I'm a little nervous? Most people are."

"I can do it - it's just communicating some information to other students like me."

"I'll feel good when I've done it."

/H DUQ KRZ WR VORZ GRZQ DQG FDOP \RXUVHOI

:KHQ ZH UH VWUHVHVG ZH UXVK DQGVSKDN RIWH
FOH DUO\ 7DNLQJ WRWR VORZOWKLVHSSVGRZQWDOV
FDOP RXUVHOYHV GRZQ 7KLQNLQJ SRWLKLVYHEXW
WKHUH DUH DOVR VRPH RWKHU VWUDWHJLHV

*HW WKHUH HDUO\ HQRXJK VR WKDW \RX UH Q
6LW GRZQ IRU D PLQXWH EHIRUH \RX VHR LQ D

%UHDWKH VORZO\

\$V \RX EUHDWKH RXW UHPLQG \RXUVHOI

\$V \RX EUHDWKH RXW OHW \RXU PXVFOHV

7DNH D IHZ VORZ EUHDWKV MXVW EHIRUH \RX
7DNH HQRXJK WLPH WR DUUDQJH \RXU PDWHU
\RX EHJLQ WR VSHDN
3XUSRVHO\ VWDUW VSHDNLQJ DW D UDWKHU V

5HPHEHU EDVLF VWHSV 35(3\$5(7+,1. 5(\$/,67,
'2:1 7KLV ZLOO ZRUN IRU PRVW RI XRXPRUM RI W
IHHOLQJ VWXFN DQG VLOHQFHG WKHWHDM ERUH
RYHU ZLWK D FRXQVHOORU WR VHH ZIKDUMRXJKW

&RXQVHOOLQJ 6XSSRUW LV DYDLODEDOH WR DVVLV
GLIILFXOWLHV WKDW DUH DIIHFWLQJ WKHLU VWXO

7KH VHUYLFH SURYLGHV
,QGLYLGXDO &RXQVHOOLQJ E\ DSSRLQWPHQW
7HOHSKRQH &RXQVHOOLQJ E\ DSSRLQWPHQW
0HQWDO KHDOWK HPHUJHQF\ UHVSQRVH

&RXQVHOOLQJ 6XSSRUW
*URXQG)ORRU +RUDFH /DPE %XLOGLQJ
7KH 8QLYHUVLW\ RI \$GHODLGH
3K
\$IWHU KRXUV VXSSRUWRU VPV

7KLV SDPSKOHW ZDV ZULWWHQ E\)OLQVHOOLQJ
6HUYLFHV DQG KDV EHHQ UHSULQWHG SDUW R
EHWZHHQ WKH FRXQVHOOLQJ VHUYLFHV)OLQ
ORGLILHG E\ 6WXGHQW /LIH &RXQVHOOLQJ 6XSSR

5HYLHZHG)HE