

SHYNESS GOT YOU DOWN?

Do you want to feel more comfortable, less anxious in social situations?

Want to learn to make small talk, approach people more easily without your heart pounding like a drum?

Wish you could speak up in discussions and classes, and generally take a more active role in campus life?

NOW'S THE TIME TO DO SOMETHING ABOUT IT
Get the most out of this year. Our shyness clinic can help you learn the skills you need. Register now for the fall programme. Sessions to be held on Mondays or Wednesdays at 3:30. Individual counselling is available for those who cannot attend at those times.



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