



Is this familiar?

- Do you worry about being in new social situations?
- Are you concerned that you'll say something dumb if you speak in class?

There are benefits to overcoming this extreme shyness and anxiety:

- Gain the ability to talk whenever you want
- Go anywhere on campus without feeling anxious
- Feel more confident about yourself and develop more relationships

Things you can do that will help:

- Share your concerns with a trusted friend, professor or counselor
- Look into ways of expressing yourself using art, music or writing (e.g. go to the jewelry studio, join a singing group, write an article for the "D")

Many students at Dartmouth struggle with this.

Our Counseling professionals understand and can help. Please call 646-9442 if you'd like to talk with someone.