

**Are you often worried about being judged by others? Or that you'll say or do something embarrassing?**



**School of Medicine  
and Psychology**

**You might be interested in taking part in a free, 8-week program run by a psychologist to build your confidence in situations such as speaking up in class and giving presentations.**



**For more  
information  
and to see if  
you're eligible  
to participate**

**CLICK  
HERE**

**The ethical aspects of this study have  
been approved by the ANU Ethics  
Committee 2023/1385**