

**THE HEISMAN CLUB PRESENTS
A SYMPOSIUM FOR ALL**

**CAUGHT IN THE SPOTLIGHT:
ANXIETY AND PERFORMANCE**

SATURDAY, MARCH 17TH
11 AM, CRAIG LECTURE HALL

**SPEAKER: Dennison Smith, Ph.D, Norman Henderson Professor of
Neuroscience and Psychology, Oberlin College**

Dr. Smith will address many issues related to anxiety and the effect that it has on performance. He will examine personal differences in processing anxiety and he will discuss neurological systems and the effect they have on fine motor skills. He will also explore the concept of anxiety being contagious; how one player or performer might influence another in a performance situation.

**PANEL DISCUSSION: Moderated by George Smith, OC class of '87,
Bureau Reporter, ESPN News**

Performers from different disciplines in the Oberlin community discuss anxiety and performance; preparation, coping skills, and suggestions, as well as personal tales of failure and greatness

**WORKING THROUGH IT: Exercises with Deborah Vogel and
Students**

Hands on activities and exercises, designed to address, cope, and redirect anxiety and stress in performance situations

LUNCH WILL BE SERVED. PROGRAM CONCLUDES AT 3 PM.

REGISTER BY CONTACTING CARLA FREYVOGEL AT:
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