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Episode 1 : Exam Cheerleader

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Exam Cheerleader

Hey y'all. Mandi from SAS here.

Today I'm going to be your remote exam cheerleader, to help you do some deep breathing and help you get ready to take this exam.

Remember, you can do this, it's going to be okay.

So lets just take a few deep breaths.

Breathe in, hold and breathe out. Breathe in, hold and breathe out.

One last big deep breath in, hold and breathe out.

Remember, you are a smart, capable individual. It's going to be okay. You CAN do this.