Managing HSC Stress Program

The Higher School Certificate can be stressful for many students. However there are things that you can do to get through Years 11 and 12 with less stress and reduce the impact that stress has on your academic performance.

The UTS Health Psychology Unit has been running Managing HSC Stress programs for many years now and is pleased to be able to offer a special one-day school holiday program this coming January.

Come along and enjoy all of the benefits of the 4 week program in one day!

The Managing HSC Stress program is a group program that assists students to better manage the stress of the HSC by teaching a broad range of skills that can be helpful in any stressful situation. Students also have the opportunity to learn from and assist each other. The program can also be useful for students who are struggling with anxiety, low self-esteem or low mood.

When? Monday 22nd April 2013

Time? 10am – 4pm
Lunch and afternoon tea will be provided.

Where? Health Psychology Unit
Ground Floor, 174 Pacific Highway
St Leonards
The Health Psychology Unit is a 5-10 minute walk from St Leonards train station. Buses 252 and 290 stop right out the front. Metered & time-limited street parking is available in surrounding streets.

Cost? $90.00 per student
Private Health Insurance rebates may apply.

Register? Registration is essential as numbers are limited. Full payment is required two weeks prior to commencement of workshop.
To register call 9514 4077 or email Health.Psychology@uts.edu.au
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**Personal Details & Payment**

Name: ___________________________ Payment method

Age: ___ Year at School: ___

☐ Cheque, payable to the Foundation for Life Sciences

Address: ___________________________ OR charge my ☐

___________________________________ Amount: $___________

Email: ___________________________ Card Number: ___________________________

Student phone: ___________________________ Expiry date: ___ / ___ / ___ (MM / YYYY)

Parent name: ___________________________ Card holders name: ___________________________

Parent phone: ___________________________ Card holders signature: ___________________________

Special dietary requirements: ____________________________________________

A receipt will be provided on the day of the HSC Stress Program.