Health Psychology Unit

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 this program again in Term 2 2012.

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?**
Tuesday afternoon
8th May, 15th May, 22nd May, 29th May

**Time?**
4 – 5.30pm
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 ($22.50 per session)
Private Health Insurance may apply.

**Register?**
Registration is essential as numbers are limited.
To register call 9514 4077 or email Health.Psychology@uts.edu.au
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**Cost?** $90.00 for 4 weeks

*Private Health Insurance may apply.*

**Register?** Registration is essential as numbers are limited.

To register call 9514 4077 or email Health.Psychology@uts.edu.au

**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: _______________________

☐ Please tick here if you plan to claim a rebate from your private health insurer.