Managing HSC Stress: A Four-Week Program

It is widely acknowledged that Year 12 can be a very stressful time for students. The Managing HSC Stress program is based on cognitive behaviour therapy (CBT), which is widely supported in the literature as an effective intervention for stress management. The program is delivered by clinical psychologists experienced in working with adolescents. The following outlines content covered in the program:

- Sources of stress for students
- The fight-or-flight response
- The three step approach to managing stress:
  1. Challenge unhelpful thinking (cognitive therapy skills)
  2. Take an action (goal setting, problem solving, study skills, strategies to beat procrastination, rewards)
  3. Self-care (diet, exercise, time out, sleep strategies)
- Strategies for managing HSC stress:
  o Identifying sources of stress
  o Goal setting and action planning
  o Problem solving
  o Slow breathing
  o Strategies to beat procrastination
  o Strategies to tackle perfectionism
  o Challenging unhelpful thinking
  o Using study skills effectively
- Sources of further help

How much: $90 per student
When: 4:00-5:30 on a Tuesday for 4 weeks
Where: Ground Floor, 174 Pacific Hwy, St Leonards
More information: Phone 9514 4077 or email health.psychology@uts.edu.au