It is widely acknowledged that Year 12 can be a very stressful time for students. Parents often wish to know what they can do to help support their children during this challenging time. The Managing HSC Stress: A Guide for Parents presentation is based on cognitive behaviour therapy (CBT), which is widely supported in the literature as an effective approach for stress management. The program is delivered by clinical psychologists who are experienced in working with adolescents and their parents.

The following gives an outline of the content covered in the program:

- Common challenges that parents and students face during the HSC year
- Strategies for managing HSC stress:
  - Maintaining family connectedness
  - Maintaining a balanced lifestyle
  - Goal setting and action planning
  - Challenge unhelpful thinking (cognitive therapy skills)
  - Strategies to beat procrastination
  - Using study skills effectively
- Identifying when further help is needed
- Parent self-care strategies
- Sources of further help

How much: $330
Time frame: 1 hour
More information: Phone 9514 4077 or email health.psychology@uts.edu.au