The UTS Health Psychology Unit has long been providing HSC Stress education seminars and workshops for older adolescents. We also have a wide range of other presentations, seminars and workshops for students, teachers and parents.

Please contact us to find out more about these presentations or to make a booking. Unless otherwise stated, these presentations typically run for one-hour.

**For Students**

**Managing HSC Stress: A Guide for Students**  
This is the longest running and most popular of all our programs. This presentation, delivered to the whole year group, educates senior students about the impact of stress and teaches a three step approach to stress management to help them better manage stress associated with the HSC.

**School ≠ Stress**  
For students in Years 8, 9 and 10, this presentation delivered to the whole year group teaches junior students about stress and how to better manage stress in a school context.

**Managing HSC Stress: A Four-Week Program**  
For senior students who are having problems with stress at school, this small group program runs over four sessions and gives participants the opportunity to learn and practice more detailed stress management techniques. This program is based on cognitive behavioural principles and run by highly experienced clinical psychologists.

**Exam Anxiety for Students**  
This presentation is designed for senior students and is presented to the entire year. It focuses on factors contributing to exam anxiety and strategies for managing exam stress.

**For Teachers**

**Adolescent Mental Health: A Guide for Teachers**  
Mental health problems are very common in adolescents however they can be difficult to detect and have a significant impact on a student’s behaviour and attitude at school. This presentation reviews common mental health problems, details how teachers may identify these problems, and discusses appropriate measures for teachers to take when working with such students.
Cyber Bullying: Prevalence, Profiles and Help Seeking
This presentation reviews what is currently known about cyber bullying, discusses current research and provides practical strategies for dealing with cyber bullying.

Steps to Psychological Wellbeing
This ninety-minute, interactive seminar educates participants about the effects of stress and teaches straightforward strategies to improve psychological wellbeing. Please note, this program is designed to assist teachers to improve their personal psychological wellbeing, not that of their students.

For Parents

Managing HSC Stress: A Guide for Parents
Parents often find the HSC just as stressful as their children do! This presentation reviews challenges senior school students face in addition to the HSC, discusses typical adolescent responses to challenges and details strategies parents can use to assist their adolescent (and themselves) to get through the HSC in a manner as stress free as possible.

Cyber Bullying: A Guide for Parents (primary school & high school versions available)
Similar to the cyber bullying presentation for teachers, this presentation reviews what is known about cyber bullying and discusses strategies for dealing with cyber bullying in the home environment.

Other Presentations
The Health Psychology Unit has a long history of developing programs on demand. If you have a particular program in mind, please contact the Health Psychology Unit so we can discuss the possibility of a custom-designed presentation or program for your school.

How much?
All presentations attract a fee; however this is negotiable given individual school circumstances. Please contact the Health Psychology Unit to discuss what we can offer your school or to make a booking.

More information: Phone 9514 4077 or email health.psychology@uts.edu.au