

# Stress Management for Students

---

10 Inservice Points

Component No. 8 403 002

---

## **General Objective**

To increase competencies of all teachers and staff personnel in advising students how to deal with emotional stress.

## **Specific Objectives**

1. To be apprised of suicidal tendencies and/or conflicts among teenagers and children.
2. To deal with the issues encountered by children of single parent families.
3. To recognize that schools have the opportunity to counsel to the single parent and the children.
4. To give children and teenagers simple techniques to manage conflicts and stress in their lives.
5. To assist schools in the development of a referral system for children with emotional problems outside the range of services available within the school.

## **Activities**

1. Use of qualified consultants and counselors to assist parents and teachers in discovering new approaches to lessening conflicts in the school between teenagers.
2. Visits to counseling centers to give participants a vision for the ways counseling can assist children in the development of a stable emotional life.
3. Visits to University and Medical Centers to see the possibilities of referrals built into the school's program of intervention.
4. Developing a crisis team approach to children who could be helped within the school, but cannot be helped by one teacher only.

## **Evaluation**

1. Pre and post test and other written assessment.
2. Observed demonstrations within the workshop.
3. Participant will complete a workshop evaluation form.

