

Anxiety & Stress Management Specialist Training

50 Inservice Points

Component No.: 8-403-003

General Objectives

1. Participants will develop skills in identifying students affected by stress and/or anxiety.
2. Participants will learn strategies to counsel affected students in both individual and group settings.

Specific Objectives

1. Identify the different types of anxiety, and the difference between anxiety and stress, and good vs. bad anxiety.
2. Explain how anxiety can impact students' academic achievement, social/emotional development, and college and career readiness.
3. List relaxation techniques and strategies that reframe tests as opportunities for students.
4. Determine whether the student is in low stress, medium stress or at the red zone/crisis level.
5. Teach students how to assess their stress level quickly and effectively.
6. Describe various interventions to use with students.
7. Recognize when to collaborate with parents/guardians, teachers, administrators or involve outside help.

Activities

Participants will complete all online course assignments through the American School Counselor Association (ASCA U).

Evaluation

1. Pass all knowledge assessments with a score of 100%.
2. Complete a course evaluation form.

Submitted by:

Maclay School

September 2021

ASCA: American School Counselor Association