

Study Without Stress

Stress Management Skills for Grades 10 to 12

The Emotional Health Clinic in the Macquarie University Lifespan Health and Wellbeing Research Centre offers evidence-based assessment and psychological treatment for emotional disorders across the lifespan. This clinic offers access to our flagship treatment programs that have been developed using scientific research, evaluated in clinical trials, and are used nationally and internationally.

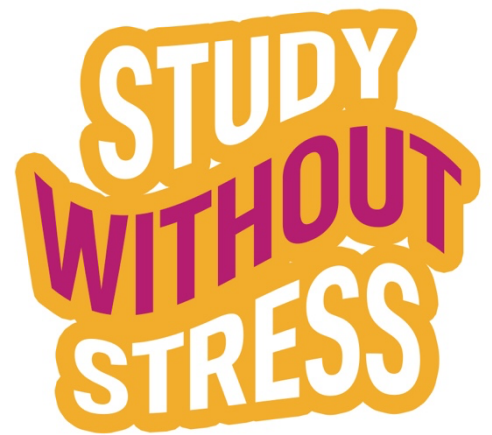
ABOUT STUDY WITHOUT STRESS

Study Without Stress (SWOS) targets the stress associated with the final high school years. The program uses Cognitive Behaviour Therapy (CBT) techniques to help participants get the most out of years 10, 11 and 12 whilst keeping stress to a manageable level.

SWOS is an active, solution-focused program and involves learning new skills, practicing those skills in-session and then applying the skills to real life situations to create lasting change. SWOS focuses on thoughts and expectations about study, as well as actual behaviours, such as procrastination and study habits.

Topics in SWOS include:

- Understanding stress
- Goal setting
- Managing expectations and beliefs about study
- Creating effective timetables
- Learning how thoughts can affect performance
- Challenging negative or unhelpful thinking patterns
- Understanding perfectionism and procrastination
- Tips to deal with work avoidance
- Building good study habits
- Identifying and solving problems
- Exam preparation



SWOS is not intended for students who have clinical anxiety or depression, or for those who are engaging in risky behaviour. Options for these students at our clinic can be viewed on our [website](#).

SESSION OVERVIEW

Prior to the first session you will be asked to fill in standard questionnaires about study stress and common mental health difficulties which will assist the psychologist to confirm that SWOS is likely to be helpful.

The first session is 1.5 hours and attended by both the teen and their parent/carer. It will focus on getting an understanding of current study stress, other challenges and what you hope to achieve. At the end of the first session, a recommendation to begin SWOS will be discussed. Other options that may be more appropriate, such as referral to a more suited service, may be suggested.

If recommended, the SWOS program is typically delivered over 8 sessions (50 minutes each) that a teen attends independently. Check ins with parents can occur at each session as needed. Sessions take place at the clinic or via telehealth and typically start out on a weekly basis. Less frequent visits (eg fortnightly) may be scheduled as treatment nears completion.

OUR PSYCHOLOGISTS

SWoS is delivered by our generally registered psychologists and endorsed clinical psychologists. All are registered with the Psychology Board of Australia and Medicare. It is a requirement that all of our psychologists continually update and develop their skills through activities such as mentoring from senior clinicians, peer support, case review meetings, clinically focused meetings to learn about advances in research, and professional development.

[Meet our clinical team.](#)

As a lower cost option, SWoS can be delivered by one of our provisional psychologists. Provisional psychologists are in their final year of postgraduate training and are completing a 6 month placement in our clinic. They are supervised by highly experienced clinical psychologists.

COSTS

Fees depend on the type of psychologist that you have appointments with, with a range of \$142.50 – \$427.50 for the initial session and \$95 - \$285 for each Study Without Stress session. In addition, at the first session there is a \$20 fee for the Study Without Stress Workbook. Fees are subject to annual review.

MEDICARE REBATES

Medicare rebates may be available if you are seeing a registered or clinical psychologist. To be eligible for a rebate you need to see a GP who can activate a Mental Health Treatment Plan and provide a referral letter. The GP will assess if intervention is needed for mental health and will determine if the criteria are met for a Medicare rebate. You can access up to 10 individual sessions with a Medicare rebate in each calendar year. Provisional psychologist sessions are not eligible for Medicare rebates.

PRIVATE HEALTH INSURANCE

You may be able to claim a rebate for psychology services using your private health fund. However, you cannot claim a rebate from both Medicare and a private health fund for the same session. Contact your health fund about whether you are eligible to claim on psychology services.

CONTACT US

If you would like to discuss Study Without Stress or have any questions, please contact our friendly team on 02 9850 8711.

If you would like to register for the program scan the QR code to provide your details.



FIND OUT MORE

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