



**STUDY
WITHOUT
STRESS**

eTRAINING COURSE

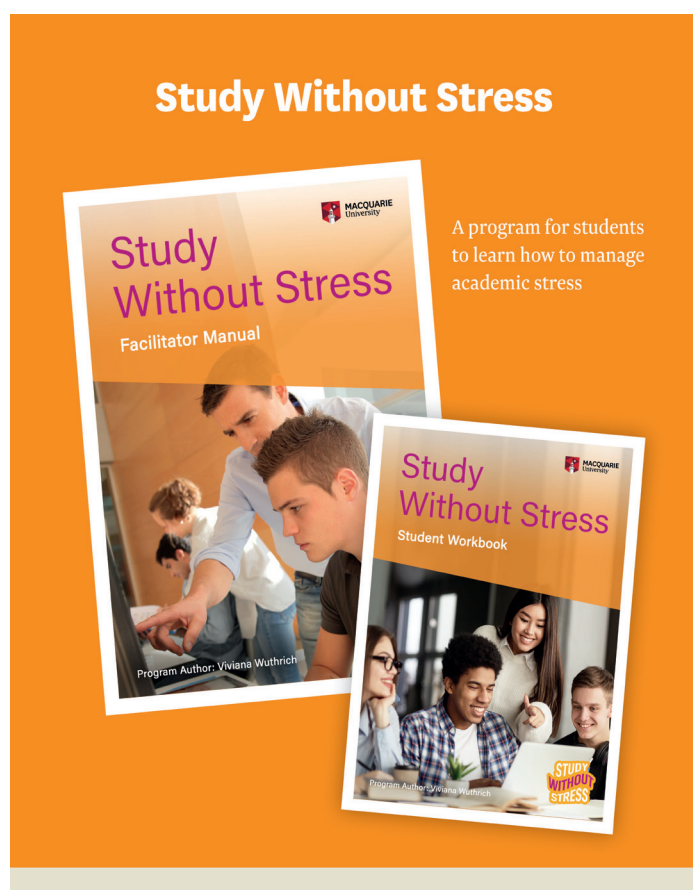


FOR PROFESSIONALS

Study Without Stress: eTraining Course for Professionals

The Emotional Health Clinic (EHC) provides training to psychologists, school counsellors and teachers in wellbeing/ mental health support roles, and other mental health workers and wellbeing staff to deliver the Study Without Stress (SWoS) program within a school environment or clinical setting.

SWoS was designed specifically to support students in coping with the stress during their final years of secondary school. The Program has its theoretical basis in Cognitive Behavioural Therapy (CBT) which means it focuses on teaching skills to manage stress.



THE TRAINING

The Study Without Stress eTraining course will equip professionals with the knowledge and tools to implement the Study Without Stress Program within their relevant setting. Learning directly from the Author of the Study Without Stress program, professionals will be guided through each stage of the Program in an easy to follow format which includes instructional videos and sample activity sheets. Professionals will gain an in-depth understanding of key skills in managing studying stress and the evidence supporting the Program's effectiveness.

Professionals will learn how to empower students with knowledge and practical tips to overcome unhelpful thinking styles, create a study-life balance, problem solve and manage anxiety associated with study. The course will take approximately 4 hours to complete, with each module of the training course teaching a component of the Study Without Stress program.

Furthermore, professionals will not only learn how to implement SWoS in their setting, but also how to evaluate the usefulness of the Program.

The course will take approximately 6 hours to complete. You can enrol via: openmq.com.au/course/SWoS_Professionals

THE PROGRAM

The SWoS program provides students with knowledge and practical tips on how to overcome stress associated with the final years of high school. Students are encouraged to participate in the Program months prior to peak stressful periods (such as final exams or HSC trials), however the Program can be beneficial at any time. The 6- or 8-week Program covers the following topics:

- Understanding stress
- Goal setting
- Managing exam expectations and beliefs
- Creating effective timetables
- Learning how thoughts can affect academic performance
- Challenging negative or unhelpful thinking patterns
- Understanding procrastination and perfectionism
- Tips to deal with work avoidance
- Procedures for problem solving
- Exam preparation

NB: Each student requires their own workbook to go through the Program with the trained Facilitator.

FIND OUT MORE

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mq.edu.au/about/study-without-stress

