



Stress Management Skills for Years 10 to 12

Study without Stress was developed by Macquarie University and has been running since 2007. The Program has undergone continual evaluations.

The Study Without Stress (SWoS) program equips students with knowledge and practical tips on how to approach and overcome the stress associated with increasing academic demands, heavy workloads, and exams.

Designed as an early intervention program, this program empowers students to approach their final years of secondary school with greater confidence while keeping stress at a manageable level.

Details:

Who? Year 10-12 students

Delivery? 8 sessions - 50-60 minutes individual sessions,
Check-ins with parent/s can occur at each sessions; if needed

When? at clinic or via telehealth; typically start out on weekly basis
less frequent visits (i.e., fortnightly) may be scheduled near completion

The Study Without Stress Program includes:

- Understanding stress (including causes, symptoms and the role of the stress response)
- Goal setting
- Managing expectations and beliefs about the VCE and exams
- 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
- Identify and solving problems
- Exam preparation



The program helps young people...

Through practical, solution-focused sessions, students learn and practise Cognitive Behavioural Therapy (CBT) techniques to better manage academic stress. The program assists students to develop effective study habits, deal with procrastination, challenge unhelpful thinking patterns, manage expectations about academic performance, and strengthen problem-solving skills to navigate the demands of senior school. Students then apply these evidence-based strategies to everyday situations, equipping them with lifelong skills to approach study with greater confidence, resilience, and balance.

Other considerations

Study without Stress is not intended for students who have clinical anxiety or depression, or for those who are engaging in risky behaviour.

Fee and Rebates

Fee - \$290 – per each Study without Stress session.

In addition, at the first session there is a \$24.95 fee for the Study Without Stress workbook.

Payment is made on the day of the consultation.

MEDICARE:

Medicare rebates may be available if referred by a general practitioner, paediatrician or psychiatrist.

PRIVATE HEALTH FUND:

Private health funds may provide rebates for psychological services depending upon your level of cover.

NDIS:

Michelle is not a registered NDIS provider, Self-managed clients may be eligible for a rebate.

