



## Study Without Stress – Information Sheet for Young People

### What is Study Without Stress?

Study Without Stress is a program designed for students in years 11 and 12 that teaches skills to approach and manage the stress associated with workload, study and exams in the final years of high school. Study Without Stress is an evidence-based program that has theoretical basis in Cognitive Behavioural Therapy (CBT).

The program helps young people:

- Manage feelings of stress
- Manage expectations about their ability and academic performance
- Manage their time and deal with procrastination and perfectionism
- Solve problems related to managing the academic demands of senior school

**Who:** Young people in years 11 and 12.

**When:** Mondays 3:30-4:30pm. Starting Monday 22<sup>nd</sup> April – 10<sup>th</sup> June (8 weeks).

**To register:** Speak to Louise or Irma in the Wellbeing team or email [wellbeing@mhs.vic.edu.au](mailto:wellbeing@mhs.vic.edu.au).

### The 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

### What can young people expect from this group?

- Be able to talk openly in a safe and inclusive environment
- Connect with like-minded peers
- Interactive sessions with talking and sharing
- Learn how to keep stress to a more manageable level
- An opportunity to practice skills outside of the sessions

### The intended outcomes of the program include:

- Reduction of stress and anxiety
- Increase in emotional and academic self-efficacy
- Improved understanding of normal and abnormal levels of stress

### Is there anything else I need to know?

You will be required to complete a registration form ahead of the program. This includes providing details like your name, date of birth, suburb and details of an emergency contact. This information will only be used to document the delivery of a program in our system. You can complete the registration form [here](#).