



HOW TO HELP YOUNG PEOPLE BUILD RESILIENCE AND COPING SKILLS TO MANAGE STRESS DURING EXAMS

THIS COURSE AIMS TO HELP PROFESSIONALS TO KNOW HOW TO SUPPORT CYP AND TO SHARE COPING STRATEGIES FOR MANAGING THESE PERIODS AND REDUCING ANXIETY

understand what 'examination stress' is

Have an awareness of the psychological impact of examination stress on CYP

Recognise 'normal' reactions to pressures of examinations

Identify signs of examination anxiety in CYP, and how CYP can recognise these signs

Apply strategies that professionals can use support CYP

Share strategies CYP can apply themselves

DETAILS OF EVENTS: 20.02.2024 - 15:40PM - 17:10PM

THIS IS A 1 ½ HOUR VIRTUAL TRAINING SESSION HOSTED ON THE TEAMS PLATFORM. TRAINING CAN BE DONE AROUND ONE SCREEN IF DESIRED, BUT WE WILL STILL REQUIRE ALL CONTACT NAMES AND EMAIL ADDRESSES OF STAFF ATTENDING.

PLEASE CONTACT COURTNEY.HOPSON@GLOUCESTERSHIRE.GOV.UK TO BOOK ONTO THIS VIRTUAL SCHOOL TRAINING OPPORTUNITY. NON ATTENDANCE OR LESS THAN 48 HOURS' NOTICE OF CANCELLATION WILL INCUR A COST OF £100 PER DELEGATE. CANCELLATION MUST BE SENT TO COURTNEY.HOPSON@GLOUCESTERSHIRE.GOV.UK