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## **How to Help Your Children with School Anxiety?**

### **PUBLIC TALK**

Date: 18 February 2012

Time: 2 P.M. – 3 P.M.

Venue: International Psychology Centre

Speaker: Dr. Edward Chan, Principle Consultant Psychologist

**School anxiety** is a term to describe refusal to attend school, due to emotional distress. Children with school anxiety feel fear or anxiety towards school. It is common for kids of all ages and gender to experience school anxiety school-related stress. This is often most apparent at the end of year when school is about to start again, but it can occur year-round. Where does the stress and anxiety come from? Social, academic and scheduling factors play a major role, as do hidden environmental stressors.

#### **Common effects of school anxiety:**

- Persistent fears
- Poor performance
- Anxiety
- Social isolation and phobia
- Depression
- Low self esteem

#### **Benefits for Participants:**

- Understand the emotions of children with school anxiety
- Understand more about different therapies used to help children with school anxiety
- Improve relationship between parents, teachers and children
- Improve communication between parents, teachers and children
- Gain skills for anxiety and stress management
- Gain skills to change children's negative mindset about school

#### **Goals:**

- Better understand of children with school anxiety
- Better communication and relationship between parents, teachers and children
- Equipped with necessary skills to help children with school anxiety
- Better understanding of how to help children deal with school

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