HSC in the Holidays: Study Without Stress Workshop

The HSC years can be stressful. An increased academic workload coupled with high expectations to perform often lead to stress and anxiety. This can then lead to a lack of balance between academic pursuits and other activities such as physical and social activity – creating even more stress.

What if we told you the HSC years can be less stressful? What if we told you there’s a new course, called Study without Stress, which aims to provide you skills to study and perform in exams more effectively and with less stress?

Please join us on Monday, 6 July or Tuesday, 7 July from 10am to 12pm, to learn:

- Why and how your body reacts to stress
- How unhelpful thinking, perfectionism and procrastination may be sabotaging you
- The importance of social and physical pursuits to maintain balance

By the end of the session, you will have the tools to:

- Change the way you view school and exam stress
- Tips to deal with work avoidance and unrealistic expectations
- Tips for tackling exam anxiety