

# Surviving Grade 10

*Stress Management & Study Skills  
for a Healthy, Balanced School Year!*



# Overview

- Importance of grade 10
- Study Skills Tips
- Stress Management Tips
- Student Services at BHS
- Questions~Discussion



# Why is Grade 10 and 11 so important?



# Importance of Grade 10

- Credits to Graduate
- Academic Demands
- MELS Exams
- **Marks & courses pave the way for FUTURE plans!**

**= VERY IMPORTANT TO TAKE CARE OF *YOURSELF***



# Importance of having a Routine

Develop **routine** that works for YOU!

- Be Realistic
- Know Thyself
- Take Breaks

**Balance** between school & hobbies

Create YOUR **Organizational System**

- Calendar, Agenda, iPhone Reminder etc..



*How do you organize yourself?*

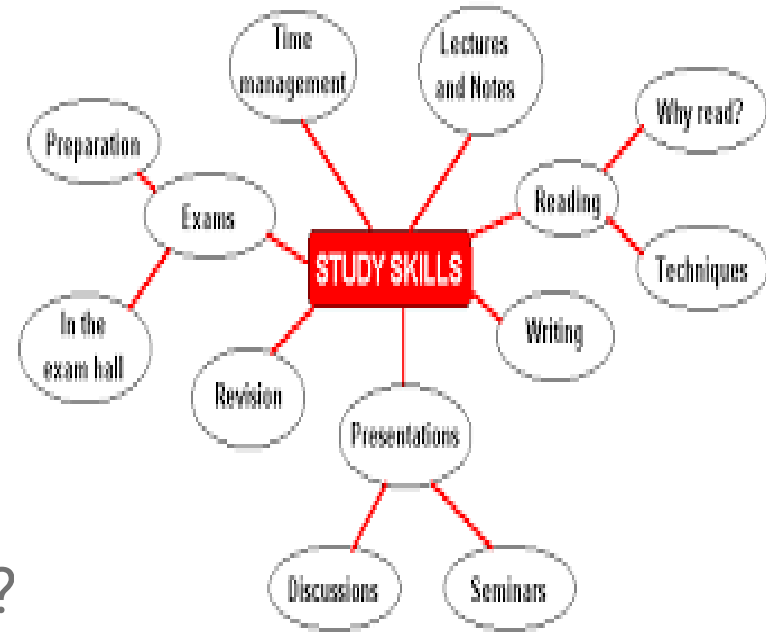
# Study Skills

What are “study skills?”


How do you Study?

What is your homework routine?

What do you do when you need help?



# OVERVIEW: Some Study Skill Suggestions.....

1. Concentration
  2. Location, Location, Location!!!!!!!!!!
  3. Note-Taking
  4. Study Groups
  5. Teacher Office Hours
  6. Develop Organizational System
  7. Useful Resources
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# Concentration Tips



We all have different Needs

Do you need absolute quiet?

Background noise?      Struggle with ADHD?

Study for Hours vs Break into Chunks?





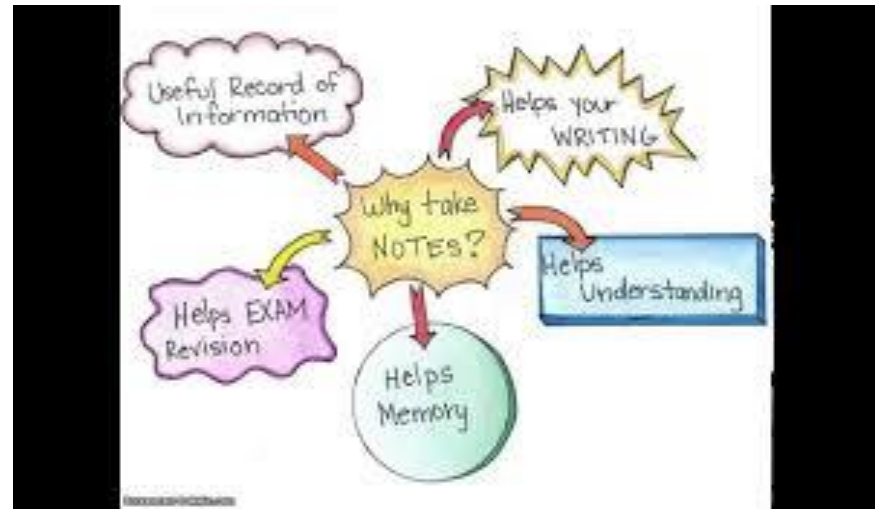
# Location, Location, Location!!!!!!!

## Create your IDEAL Study Environment

- School Library, Public Library?
- Home: Your room? Office?
- Coffee Shop?
- Technology distractions



# Note-Taking



- Adopt a Note-Taking System
  - Color-Coordinate/High lighting
  - Typing Notes
  - Cue Cards
  - “Buddy” System

# Study Groups

Anyone do this already?

- Be Selective
- Meeting Place
- Discuss key topics for that week

Suggestions?



# Teacher Office Hours

- Who knows all their teachers Office Hours?
- Why are they important?
- Learn from others questions
- Helps your teacher to get to know YOU



# Resources

- LEARN quebec

*password & username on report card*


- Google Apps/Pinterest...

- Apps that block surfing internet/certain sites for a period of time..
- Examples: <http://www.stay-focused.info/en/>

- [www.kidshealth.org](http://www.kidshealth.org)

- [www.understood.org](http://www.understood.org)

- YouTube Videos



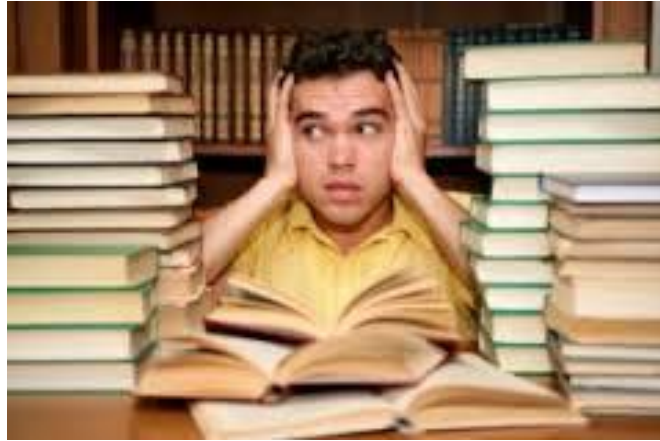
## SelfControl

A free Mac application to help you avoid distracting websites.

[View code on GitHub](#) [Download SelfControl](#)

And now for the fun stuff.....

# ***STRESS MANAGEMENT***



# STRESS

What is *Stress*?

Why do we Stress?

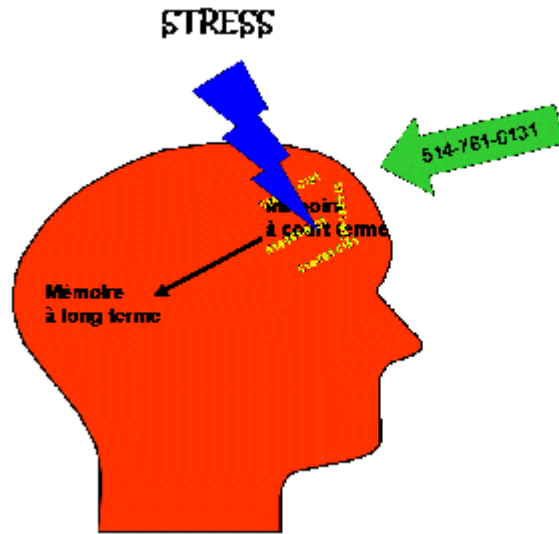
What stresses YOU out?

How *do you know* when you're Stressed?

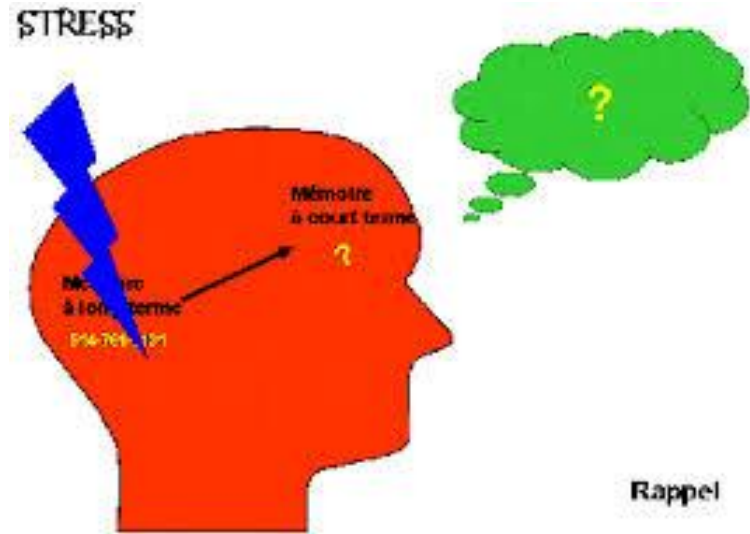
Triggers?



# Effects of Stress on Memory



Encodage



Rappel

Memory as a "CD"



# Stress Management 101

Where does the Stress come from?

Family, School, Friends etc?

Trigger(s) *inform* Coping Strategy



**KNOW THYSELF-->** Coping Strategies that work for **YOU!**

# Coping Strategies: Some Strategies

Muscle Relaxation

Breathing Exercises

Meditation (Yoga too)

Negative Self talk vs Positive Self-Talk

Outlets

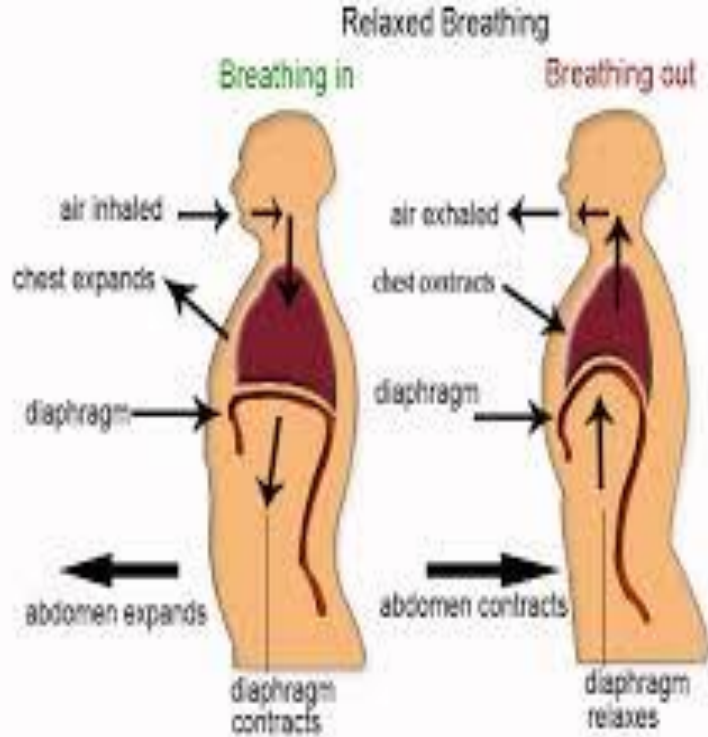


Can listen to  
“calming” music at  
same time...

# Muscle Relaxation



# Breathing Exercises



# Positive vs Negative Self-Talk

- How you talk to yourself affects your Stress
- Be Solution Focused
  - Focus on what IS Working
  - Focus on what has worked in past
  - Make a Plan
  - Take note of POSITIVE

NEED AN OUTLET



# FIND YOUR “OUTLET”

- \*\*\*\*Regular EXERCISE: Natural “de-stressor”
  - -Join a Gym/Dance class/Sports
- ART/Creative Expression
- JOURNALING
- MEDITATION



# Sleep Stress & Technology Use

Teens and Sleep Requirements ???

Teens and Recommended screen time?



## Technology & Sleep

**Remove** when sleeping

Get a real alarm clock!

Importance of “turning off”

You are NOT 911 or a superhero

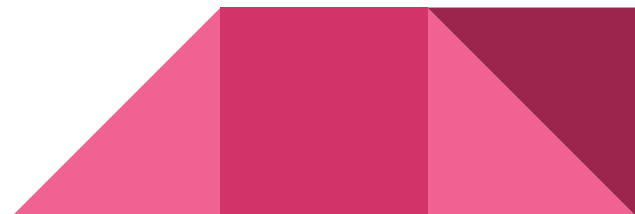
Video-Game/Technology =Addictive







KEEP  
CALM  
ASK FOR  
HELP



# Knowing When You Need Help..

- Feel “Stuck”
- Can’t seem to “calm down”
- Occurring for an extended period
- Experiencing Difficulty→ Sleeping, Eating, Relationships, Focusing ...
- 



# Student Services at BHS

Guidance Counsellor (me)

**5 days a week at BHS!!!!**

Psycho-Educational Consultant Ms. Centauro

Mon & Tues.

School Social Worker Ms Temblum

Tues & Thurs @ BHS, by appmt at CLSC



# Student Services Continued

School Nurse: Ms Sockett

Tues. & Fridays in Nurses Office

Other Support Services

Planning Room Tech, Resource Room ...



# Useful Sites

<http://cemh.lbpsb.qc.ca/SOS/StressOffPamplet.pdf>

[www.kidshealth.org](http://www.kidshealth.org)

[www.sioutreach.org](http://www.sioutreach.org)

<https://www.omgmeditate.com/>

[www.schoolmentalhealth.org](http://www.schoolmentalhealth.org)



# Referrals and Community Resources

CLSC Referrals

Private Psychologists

Tutoring Services

Community Organizations

Guidance Office Pamphlets/Website



# QUESTIONS/COMMENTS??

