

# 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



# 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**

# STUDY SKILLS



## STUDY TIPS FROM MS. BROWN

- Pre-reading Material
  - Use the “Tools” that YOU are good at...
  - Teacher Office Hours
  - Study Routine
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# Some 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)

- [www.quizlet.com](http://www.quizlet.com)

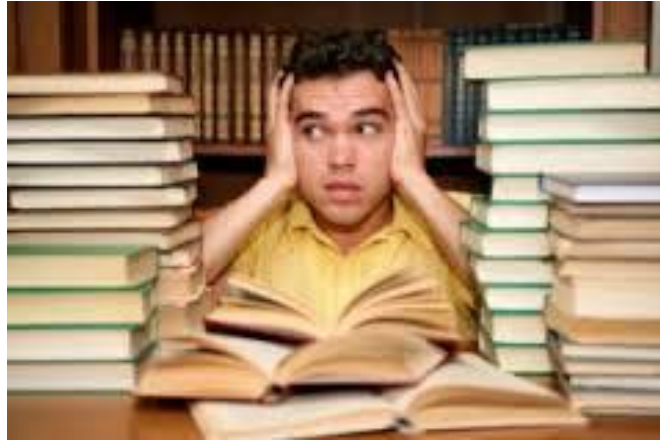


**SelfControl**  
A free Mac application to help you avoid distracting websites.

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

And now for the fun stuff.....

# ***STRESS MANAGEMENT***



# EFFECTS OF STRESS

## PSYCHOLOGICAL

## PHYSICAL

## BEHAVIORALLY

-Negative Thoughts

-Muscle Pain

-Avoidance of situations

-Difficulty Concentrating

-Upset Stomach

-Anger problems

-Always thinking the worst is going to happen..

-Tiredness

-Making Poor Choices (ex: Risky behaviors..)

-Irritability

-Headaches

-Overeating

-Underrating





All StressOFF Resources are available in Google Drive  
le: Powerpoints, handouts



- S**TOP
- T**HOUGHT CHALLENGE
- R**ELEXATION
- S**POTLIGHT
- S**ELF-CARE &  
**B**BETTER CHOICES



# Stop-Thought Challenge

- Negative Thinking:

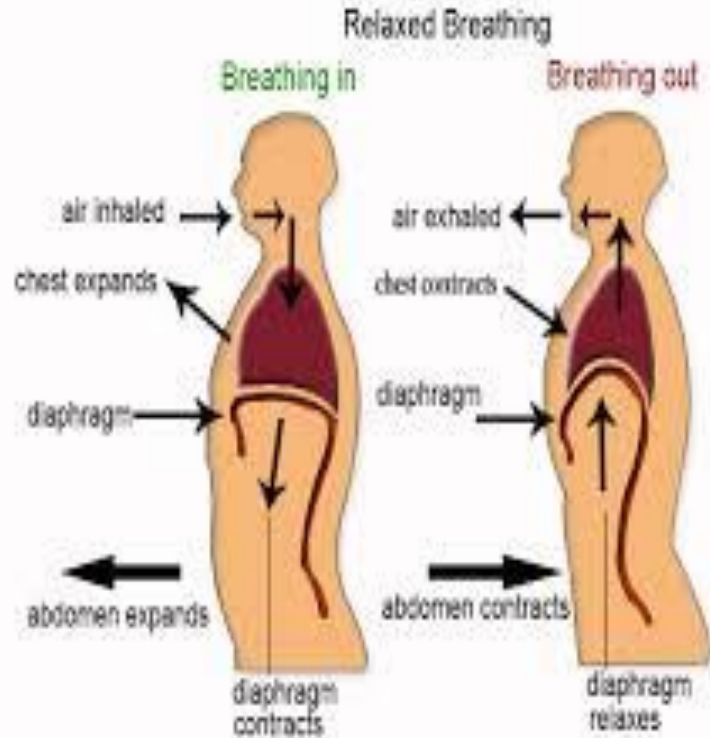
***How you talk to yourself affects your Stress***

*\*no amount of stress is going to change the situation\**

- Be Solution Focused
  - Focus on what IS Working
  - Focus on what has worked in past
  - Make a Plan
  - Take note of POSITIVE



# Deep Breathing: Balloon Technique



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

# Muscle Relaxation



# MUSCLE RELAXATION EXERCISE



RElaxation

A **relaxation** strategy that consists of tensing and relaxing one group of muscles after the next...

## Benefits:

- Turns off the stress response!
- **It's portable**: You can take it anywhere!
- **It's private**: No one would be able to tell that you're using it!

Let's give it a try....



...Start with your fists... to turn off stress

# Tips for Helping Manage Exam Stress

Practice “*test-taking environment*”

Watching YouTube video/Movie to De-Stress

Great Site for students with help creating quizzes:

- [Quizlet.com](https://www.quizlet.com/)
- [Moodgym.anu.edu.au](https://moodgym.anu.edu.au/)
- [Mindyourmind.ca](https://mindyourmind.ca/)
- [kidshealth.org/teen](https://kidshealth.org/teen)

# Self-Care & Better Choices

- \*\*\*\*Regular EXERCISE: Natural “De-Stressor”
- ART/Creative Expression/Journaling
- Technology & Sleep
- Eating Habits & Stress





# Student Services at BHS

Guidance Counsellor (me)

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

School Psychologist: Ms. Centauro

Weds & Thursdays

School Social Worker Ms Temblum

Tues @ 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)



# QUESTIONS/COMMENTS??

