

Online, Self-paced

: EW 51108- Anxiety & Stress Management Specialist

Anxiety disorders affect one in eight children and teens and more than a quarter of teens report experiencing extreme stress during the school year. Research shows that anxiety, if left untreated, can drastically impact a student's ability to succeed in school. Whether it's the perfectionist who fears receiving less than an A+ on an assignment, or the adolescent who's overly self-conscious and feels judged by her peers, or the first grader who panics when his mother drops him off for school, anxiety can take many shapes and forms. School counselors play a critical role in promoting

ASCA School Counselor Magazine article:	0.75
ASCA Video:	0.75
Explore the	2
ASCA Video:	1.25
ASCA Video:	1.25
Child Mind Institute Resource:	0.25
ASCA School Counselor Magazine article:	0.75
ASCA Video:	1.25
ASCA Video:	1.25
Podcast: TedTalk - , Kelly McGonigal	0.5
ASCA Video:	0.75
ASCA Video:	1.25
ASCA Video:	1.25
ASCA School Counselor Magazine article:	0.75
Professional School Counseling Journal article:	1.25
	50

ASCA SCHOOL COUNSELOR PROFESSIONAL STANDARDS & COMPETENCIES:

B-SS 1; B-SS 2; B-SS 3; B-PF 6; M5; B-SS 6

2.1; 2.2; 2.3; 3.1; 3.2; 4.1; 4.2

G2; G2 b.; G2 d.; G3 d.; G3 f.; G 3 i-k