



Anxiety & Stress Management Specialist Training

LOCATION: Online, Self-paced

COURSE DESCRIPTION:

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 calmness and encouragement to their anxious students. Learn proven strategies for both individual and group counseling with students affected by anxiety.

LEARNING OBJECTIVES:

After completing this course, you should be able to:

- Identify the different types of anxiety, and the difference between anxiety and stress, and good vs. bad anxiety
- Explain how anxiety can impact students' academic achievement, social/emotional development and college and career readiness.
- List relaxation techniques and strategies that reframe tests as opportunities for students
- Determine whether their student is in low stress, medium stress or at the red zone/crisis level
- Teach students how to assess their stress level quickly and effectively
- Describe various interventions to use with students
- Recognize when to collaborate with parents/guardians, teachers, administrators or involve outside help

Required Course Assignments:	Hours:
Book: " Freeing Your Child From Anxiety " (pass knowledge assessment with 100%)	18.5
Book: " School Counselor Resource Series: Mastering Test Anxiety " (implement program and pass knowledge assessment with 100%)	10
Resource: Anxiety and Depression (pass knowledge assessment with 100%)	1
Resource: Anxiety Disorders in Children (pass knowledge assessment with 100%)	1.5

Resource: Generalized Anxiety Disorder (pass knowledge assessment with 100%)	1
Resource: Social Anxiety Disorder (pass knowledge assessment with 100%)	1.25
Resource: Panic Disorder (pass knowledge assessment with 100%)	1
Resource: Post-traumatic Stress Disorder (pass knowledge assessment with 100%)	1.25
Resource: Treating Anxiety Disorders (pass knowledge assessment with 100%)	1.25
Resource: A Teacher's Guide to OCD (pass knowledge assessment with 100%)	1
Resource: How to Deal with Stress and Anxiety Infographic	0.25
Resource: What to Do (and Not Do) When Children Are Anxious	0.25
Resource: Anxiety in the Classroom	0.25
Webinar: Help Students Reduce Anxiety (pass knowledge assessment with 100%)	1.25
Webinar: Alleviating Anxiety through School Counseling Interventions (pass knowledge assessment with 100%)	1.25
Webinar: Solving Our Stress: How to Quickly See the Invisible (pass knowledge assessment with 100%)	1.25
<i>Professional School Counseling</i> Journal article: Students with Anxiety: Implications for Professional School Counselors (pass knowledge assessment with 100%)	1.25
Magazine article: Address Student Anxiety (pass knowledge assessment with 100%)	1
Magazine article: Students With Anxiety: Help Struggling Teens (pass knowledge assessment with 100%)	1
Magazine article: Calm, Cool and Confident (pass knowledge assessment with 100%)	1
Magazine article: Silicon Valley Suicides	2
Podcast: TedTalk - How To Make Stress Your Friend (pass knowledge assessment with 100%)	0.5
Podcast: School Refusal (pass knowledge assessment with 100%)	0.25
Podcast: Overprotection and Overindulgence: Helping the Anxious Parent (pass knowledge assessment with 100%)	0.25
Podcast: Understanding Anxiety in Children (pass knowledge assessment with 100%)	0.5
Total:	50

ASCA SCHOOL COUNSELOR PROFESSIONAL STANDARDS & COMPETENCIES:

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

ASCA STANDARDS FOR SCHOOL COUNSELOR PREPARATION PROGRAMS (ASCA CAEP SPA)

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

CACREP STANDARDS

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

COURSE INSTRUCTIONS:

- Complete the course by reviewing the required course assignments and passing corresponding exams with a 100%.
- To access your exams which include the course materials, login to your MyASCA account and click on My Profile. From your My Profile page, click on the “Purchases” tab at the top, then click on “Exams” on the left. Your course exams and affiliated course materials will be listed in the center of your screen. Click on “Details” to access the related course materials and/or to take your exam. Course materials can be found under the Documents section. When you're ready, click on the green “Take Quiz” button to begin taking and passing your exam.
- Once you successfully pass all exams with a 100% you can view and download a record of your education credits (CEUs) by going to your “Account” tab at the top of your profile and clicking on the “Education Credits” on the left.
- You have one year following registration to complete your specialist course. If you have questions, please contact asca@schoolcounselor.org for assistance.

*Please note, published books must be purchased separately