

The beginning of Term One is an exciting time for everyone: students and teachers alike. At your child's school, he/she is settling into his/her classes, making new friends and learning about new subjects and skills. The opportunities for success are enormous! However, it can be a stressful time as well. Some students will find the changes - in their classes, subjects and even friendships – very difficult to cope with. They may be anxious about what is going on around them and unsure where to find help.

Research has consistently shown that the best way to help young people cope with stress and change is to encourage them in developing positive resilience factors. These positive factors can buffer or protect them during difficult times. At school, positive resilience factors include having a supportive teacher or mentor; being part of a group –no matter how small or large – of caring friends; having an interest and connection with sports and/or interest hobbies, and being able to set goals about the future. Even just focusing on the small goals of each day is a step in the right direction; and a positive way to approach this time of change.

Ruth Jenkins
Senior Psychologist, Education