



# QuaverPLC: Leaders in Education – Supporting Students with Anxiety

GUEST SPEAKER  
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## Description

This session will introduce us to what the experience of anxiety looks and feels like for students. We will gain an understanding of the physiological response to anxiety. We will focus on prevention and intervention strategies to support students in managing anxiety.

## Directions

As you watch the video, please take notes surrounding each topic. After the session, take some time to reflect on your personal experiences regarding student anxiety.

	Notes	Reflection
1. Why is an understanding of student anxiety relevant?		
2. What does anxiety look like for students in our current moment?		
3. What is the relationship between stress and anxiety?		

## Leaders in Education — Supporting Students with Anxiety

	Notes	Reflection
<b>4. What happens physiologically when a student experiences anxiety?</b>		
<b>5. What external signals might a student display when they are experiencing anxiety?</b>		
<b>6. What interventions can help support a student experiencing anxiety?</b>		
<b>7. How can educators partner with families to support students experiencing anxiety?</b>		
<b>8. What can educators do to prevent or mitigate the impacts of anxiety?</b>		

## Leaders in Education — Supporting Students with Anxiety

	Notes	Reflection
9. What strategies can educators who experience anxiety themselves utilize?		
10. What encouragement or words of wisdom can educators walk away with?		