

# Title: Preparing for the new normal: Practical Strategies for Reducing Anxiety in Students

## OPEN FOR REGISTRATION

Instructor: **Jessica Minahan, MEd, BCBA**

Participants: K-12 Classroom Teachers, Special Educators, Paraprofessionals, Guidance Counselors, Department Heads  
Date/Times: 09/02/20/ 9:00am -12:00  
Location: Live on Zoom  
Course #: 2020-17



### Course Description:

With up to one in three children struggling with anxiety in this country, overwhelmed adults require a new approach as well as a practical and easy-to-implement toolkit of strategies that work. In the time of COVID19, and the subsequent societal changes, anxiety has become ever-present in students of all ages.

Through the use of case studies, humorous stories, and examples of everyday challenging situations, participants will learn easy to implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, accurate thinking, and self-monitoring in students. Virtual classroom and traditional classroom examples will be shared.

### Bio:

Jessica Minahan, MEd, BCBA, is a licensed and board-certified behavior analyst, special educator, as well as a consultant to schools internationally ([www.jessicaminahan.com](http://www.jessicaminahan.com)). Jessica has over seventeen years of experience supporting students who exhibit challenging behavior in urban public school systems. She is the co-author of *The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students* (Harvard Education Press, 2012) and author of *The Behavior Code Companion: Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related or Oppositional Behaviors* (Harvard Education Press, 2014).

### Registration Cost: \$100

Requests for withdrawals and refunds must be made prior to the deadline. All cancellations subject to a \$50 administration fee. Aug 30 is the registration deadline for cancellations. Registration will be open until Aug 30.

Registration on Smart PD <https://app.smartedu.net/smec/pd> or email Sherri Tetrault at [stetrault@smecollaborative.org](mailto:stetrault@smecollaborative.org) or call [508-9985599](tel:508-9985599) ex 130.

We must be informed at the time of registration if you have any ADA needs or require special accommodations of any kind