

Tackling Causes of Stress



A short, accredited course in 'Tackling the causes of Stress'. This course is designed to cover the most common causes of stress identified by young people in Gloucestershire's 'Online Pupil Survey'. The issues covered are: Identifying stress; Bullying; relationships; and basic budgeting.

TARGETTED

Target Group	Age 12-21, mixed or single gender The methodology is designed for groups with poor basic skills and short attention spans.
Group Size	Up to 10 Students
Outcomes	<ul style="list-style-type: none"> • One credit at Level 1 • Identify individual causes of stress • Identify how they know when they are stressed • Identify effective strategies for managing bullying • Identify what makes good and bad relationships • Plan how to manage their money
Format	<p>All working methods are interactive and evidence of achievement for verification is flexible.</p> <p>Small group work Flipchart exercises Interactive exercises Discussions Worksheets</p>
Key Skills	<p>Communication Working with others Reasoning skills Evaluation skills Creative thinking skills Application of number</p>
Duration/time	Average 5 x one hour sessions
Required Environment	<p>Flexible Seating Whiteboard or Flipchart</p>
Evaluation Method	<p>Young Person's evaluation form Photographs Sample portfolios</p>