



ENHANCING RESILIENCE RESOURCE SERIES

How to deal with stress

EDUCATOR GUIDE

This resource is designed to help students recognise that stress is normal and that an optimal level of stress is important for performance.

When to use this resource

Raising students' awareness of stress and their response to stress is most useful:

- Prior to an assessment likely to trigger stress e.g. an exam; and
- Prior to a new experience such as an industry placement, interview or formal presentation.

Time allowance

Allow students around 15 minutes to complete the resource as an individual reflection. Use the reflection as the basis for a classroom or online discussion. Advise students that they are not obliged to share their reflection with anyone.

What else can you do?

1. Many education institutions offer services to help students manage stress. Find out what resources are available. Reminding students of these services at key points in the curriculum or across the semester aligns with students' preferences for 'just in time' information.
2. Within the learning management system for your course, include a link to the institution's counselling service or contact person.
3. Be watchful for indications that students are not coping. Stress might take the form of a change in behaviour or attendance, class participation, appearance, grades, or in how a student is interacting with peers.
4. Be aware that some students may think of counselling as an admission of weakness or failure. Help students understand that it takes considerable courage and integrity to face oneself, acknowledge one's limitations, and admit the desire or need for assistance.
5. House the resilience resources online, where students can easily find them.

This resource was developed by Margo Brewer (Curtin University) and Dawn Bennett (Curtin University)