

**The Anxious Student:
A Non-Clinician's Guide for Working with
Anxiety in the Classroom**

December 15, 2021

Presenter: Alan Brown, Learning to Thrive, LLC

Location: Online - Access information will be emailed to registrants

Time: 9:00 a.m. to 11:00 a.m.

Registration MUJC Members: \$105.00

Fees: Nonmembers with Subscription: \$105.00

Nonmembers: \$125.00

Even before COVID-19, mental health practitioners in both K-12 and college settings were reporting a notable uptick in students seeking help managing anxiety and anxious behaviors. This online inservice will provide practical, appropriate interventions that non-clinicians can employ to support students experiencing anxiety.

Participants will gain knowledge and skills in:

1. an understanding of how the brain is built to interpret threat and the (sometimes not so obvious) ways this manifests in the classroom,
2. practical classroom strategies for de-escalating anxiety in the moment,
3. setting appropriate and reasonable expectations for students that help them develop their capacity to self-regulate and self-manage.

This inservice is online from 9:00 a.m. to 11:00 a.m.