



# STUDY STRESS BUSTER SESSIONS

## PRACTICAL STRATEGIES FOR SENIOR STUDENTS (YRS 10-12)

**Where:** KYDS Office (rear 265 Pacific Hwy, Lindfield)

**NEXT AVAILABLE OPEN WORKSHOPS:** January 13 & 23, 2017 (10am-2pm)

### Covering:

- Understanding how you learn
- Organisational skills
- Time management strategies
- Study techniques
- Dealing with procrastination
- Enhancing your memory
- Maintaining motivation
- Controlling nerves and reducing stress



*Light refreshments provided (please mention any dietary requirements when booking)*

**COST: \$25 / student**

**LIMITED NUMBERS,  
BOOKINGS REQUIRED:**

[www.trybooking.com/KEME](http://www.trybooking.com/KEME)

**For more information:**

9416 0900 or [counsellor@kyds.org.au](mailto:counsellor@kyds.org.au)

