

ICCBI 2018 Pre-Conference Workshop 9

Stress Management for college students

On 26/09/2018 from 9:00 to 4:00 pm

Fee: Rs. 4000/-

Workshop Background:

The transition from high school to college is not just a step up academically but entering a world of personal, social and academic challenges. In fact it is the doorstep to self – identification, where the student independently leads his / her life. The complexity of the courses, demands of the professors, social and cultural challenges, and high self – expectations to excel becomes very stressful thus self-management gets exhausting. Stress is anything that alters your natural balance. When stress is present, your body and your mind must attend to it in order to return you to balance. Your body reacts to stress by releasing hormones that help you cope with the situation. That in turn takes energy away from the main functions of your brain, like information processing, concentrating and comprehending the information. There are two different sources of stress: external triggers, like getting a poor grade or problems with your peer group, and internal triggers, like placing high expectations on yourself.

Many students find that they need to develop new skills in order to balance academic demands with a healthy lifestyle.

Workshop Objectives:

This course will focus on the orientation about various stressors followed by Cognitive Behavior therapy interventions. It also includes different therapeutic techniques to deal with various problems faced in college life. The main objectives of this course to help students:

- Adapt successfully to the transition from school to college.
- Be individually aware of the level of stress, causes and effects of stress on their performance and general well - being.
- To perceive and manage stress before burnout occurs and learn healthy coping strategies to reduce stress level.

- Keys to successful transition, 3As strategy, Diver's strategy, Time management, Overcoming Procrastination, Goal setting, Performance anxiety, Social & Communication skills and self - care.
- Being Exceptional

Workshop Benefits:

This course will help you to:

- Perform at the peak of your abilities when under stress.
- Produce good quality work even when tasks are dull and repetitive and manage time more effectively.
- Identify the stressors and assess current coping skills.
- To develop a personalized plan to introduce new strategies and implement to effectively handle stress at work and its effects on your personal life.
- Avoid the problems of exhaustion, depression, ill – health, burnout, and breakdown.
- Maintain a better and productive social environment, healthy communication in spite of all odds.
- Take stress as Motivator than Destroyer.

Who should attend?

College students, psychologists, counselors

Workshop Resource Person



Dr. Siddiqa Hussain, Ph.D in Clinical Psychology.

- Working in Kuwait as Student Counselor and Clinical psychologist at Gulf University of Science & Technology, Kuwait.
- Clinical Psychologist at Soor Center for Professional Therapy and Assessment, Kuwait.
- Worked as Clinical Psychologist at Social Development Office, Amiri Diwan from Oct. 1993- Sept. 2012
- A Certified Cognitive therapist from University of Pennsylvania , Certified in Choice Theory & Reality therapy , Certified Supervisor & instructor of Choice Theory Programs from The William Glasser Institute, and Qualified Biofeedback Therapist
- Trained in Psycho-traumatology, Clinical Hypnosis, Family, Child, Behavior and Sexual Therapies.