



# Anxiety in students with learning difficulties

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Watch Live (via zoom) or Watch Later (via video link)

Tuesday 28th March 2023

10am - 12pm

Term 1  
Online  
Seminar

Anxiety is a normal emotion experienced by everyone. There are numerous triggers at school that may turn on one's anxiety including organising oneself, getting started on a task, sustaining one's focus and completing tasks, receiving feedback and evaluation of work, and managing difficulties with learning, social interactions and friendships. There are also many outside triggers (home and community) that may have an impact on the school day.

For primary and secondary students, growing up involves the important skill of building awareness of feelings, learning skills to tolerate experiencing and speaking about the negative feelings, and learning skills to take care of one's negative feelings. As well, they need to build strategies to manage negative feelings in different contexts and in interactions with others who may also have their own way of expressing and managing their feelings.

This workshop will aim to increase teachers', parents' and other professionals' understanding of anxiety in students, and provide a repertoire of cognitive and behavioural strategies that can be used to support them in managing their anxiety at school and home

## Price

- \$35 LDC Member
  - \$68 Seminar Entry and NEW Individual Membership (until 31.5.24)
  - \$70 Non LDC member
  - \$85 Seminar Entry and NEW School/Organisation Membership (until 31.5.24)
  - \$350 School Video Link\* (Member rate)
- \* School Video Link option enables schools to show staff the video link in a staff meeting situation for one viewing only. For further details about this option please contact the office.

## Select Option (tick one):

WATCH LIVE VIA ZOOM

(zoom places are limited so register early)

WATCH LATER VIA VIDEO LINK

(link expires end April 2023)

SCHOOL VIDEO LINK

(link expires end April 2023)

Name: \_\_\_\_\_ Ph: \_\_\_\_\_

School Name (if applicable): \_\_\_\_\_

Address: \_\_\_\_\_ Suburb: \_\_\_\_\_ Post Code: \_\_\_\_\_

Email (PRINT CLEARLY): \_\_\_\_\_

## Payment Details

Purchase Order No (if applicable): \_\_\_\_\_

**Payment due by 21st March** (please note - EDConnect payments accepted late)

2 registrants @ member rates per Individual M'ship (Member + Guest), Each staff member @ member rates per School/Org M'ship

• PayPal OR PCard OR credit card (go to [www.ldc.org.au](http://www.ldc.org.au))

• Direct Deposit (St George Bank, BSB 112 879, A/C: 044 050 245 Please insert your surname as the reference to verify payment

Refund of fees, less 30% administration, will be available up to 14 days prior to conference commencement. No cancellations accepted later than 14 days to conference. Substitute delegates welcomed at no extra charge.

GST FREE

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