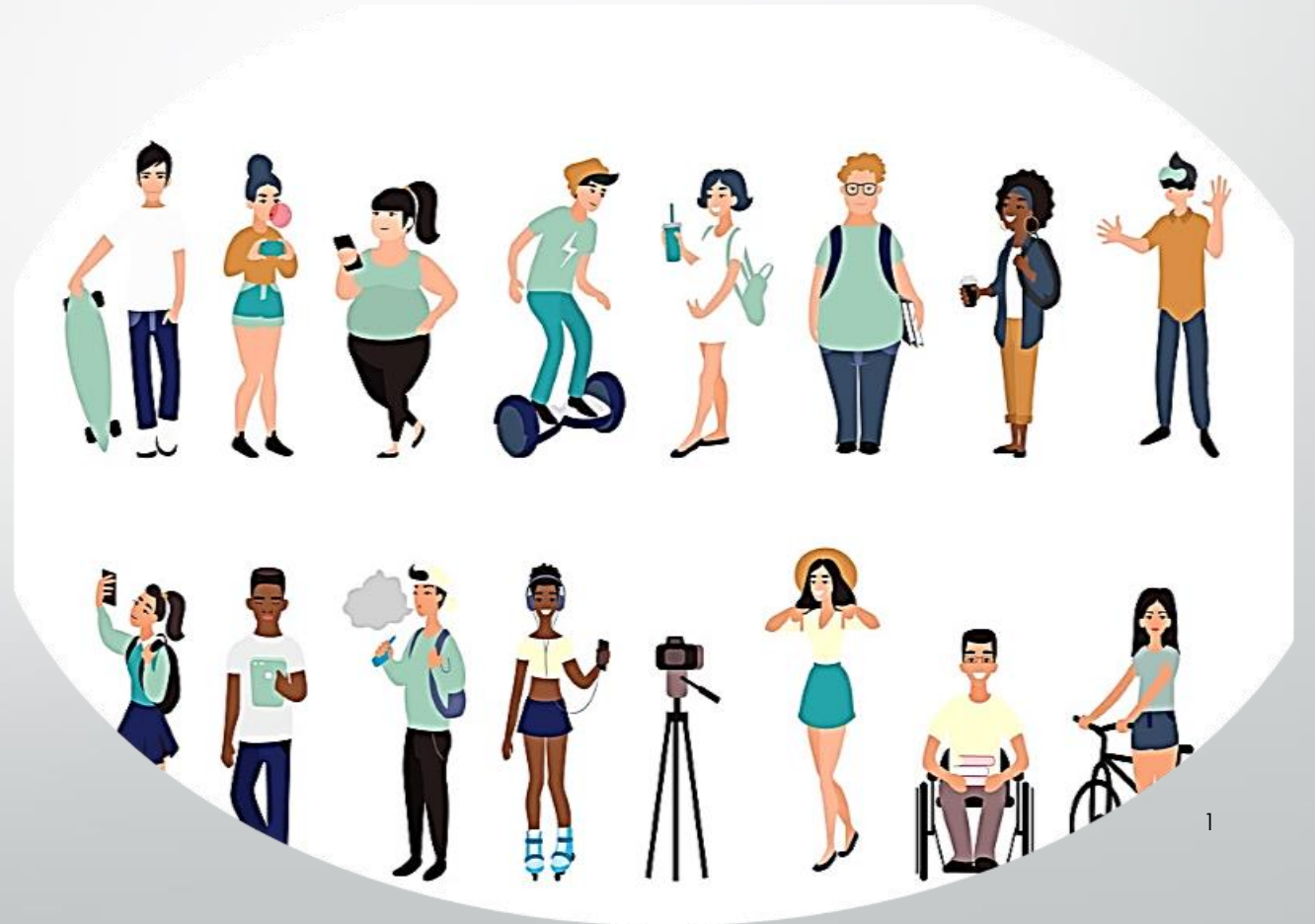
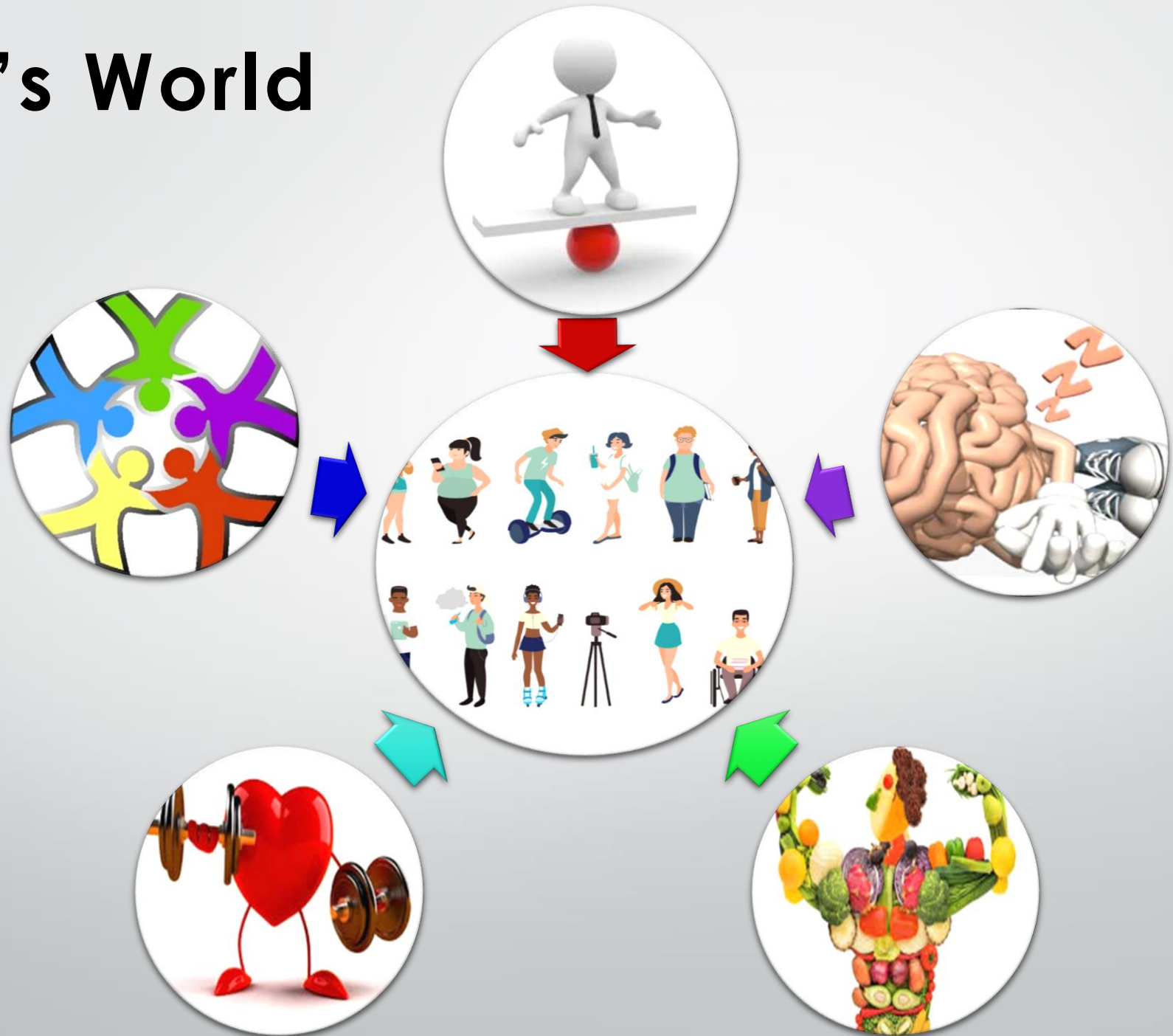


# Student Support Strategies Year 11 and 12

**Jan McARTHUR**  
School Psychologist



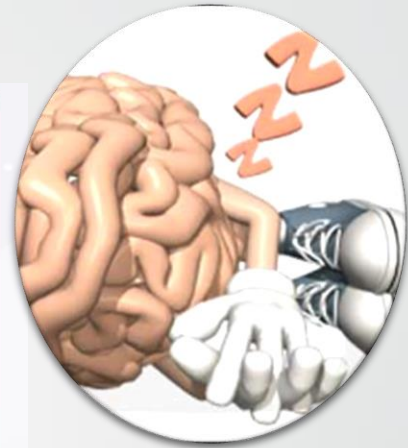
# Teen's World





# SLEEP

Recommended sleep durations			RECOMMENDED	TOO MUCH	TOO LITTLE			
18-19	16-18	15-16	14	12	11	10-11	10	9
14-17	12-15	11-14	10-13	9-11	8-10	7-9	7-9	7-8
11-13	10-11	9-10	8-9	7-8	7	6	6	5-6
NEWBORN 0-3 MONTHS	INFANT 4-11 MONTHS	TODDLER 1-2 YEARS	PRE-SCHOOL 3-5 YEARS	SCHOOL AGE 6-13 YEARS	TEEN 14-17 YEARS	YOUNG ADULT 18-25 YEARS	ADULT 26-64 YEARS	OLDER ADULT 65+ YEARS



- Teenagers need about **9½ hours continuous, uninterrupted sleep** (Non-REM & REM sleep)
- Non-REM ('slow-wave' SWS) sleep – physical restoration (wakefulness to deep sleep)
- REM sleep – mental restoration “food for the brain”
- Devices available to monitor your sleep pattern (i.e. fitbit etc)
- Physical and Mental Health benefits of quality sleep – **KEY STUDY TOOL**
- Physical and Mental Health side effects associated with insufficient, broken sleep – **SLEEP DEPRIVATION** (maximum of 1-2 hour recovery per night)
- Circadian rhythms (24h body clock) lifespan shifts – teens wakefulness expands later into the evening



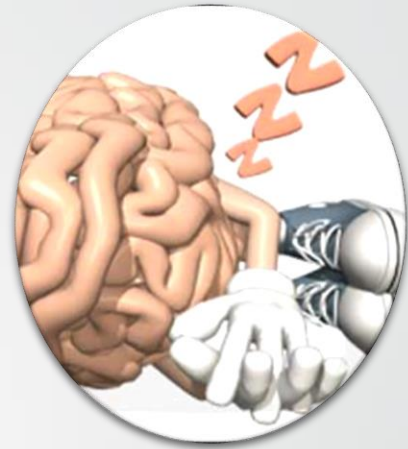
# SLEEP - DEPRIVATION

## PHYSICAL SIDE EFFECTS

- Delayed reflex reaction time
- Headaches and dizziness
- Weight gain
- Immune system 'stress'
- Greater risk of Type 2 diabetes
- Greater risk of heart disease

## MENTAL HEALTH SIDE EFFECTS

- Shortened attention span
- Reduced concentration capacity
- Impaired information processing
- **Impaired decision making**
- Decreased impulse control (increased risk-taking)
- Increased irritability and aggression
- Greater risk of depression and anxiety
- Decreased ability to accurately 'read' social cues
- Errors of omission – **forgetting things**



*Research suggests that staying awake for **18 hours** is the same as someone having a blood content (BAC) of 0.05%. Being awake for at least 24 hours is equal to having a blood alcohol content of 0.10%.*

# SLEEP - HYGIENE



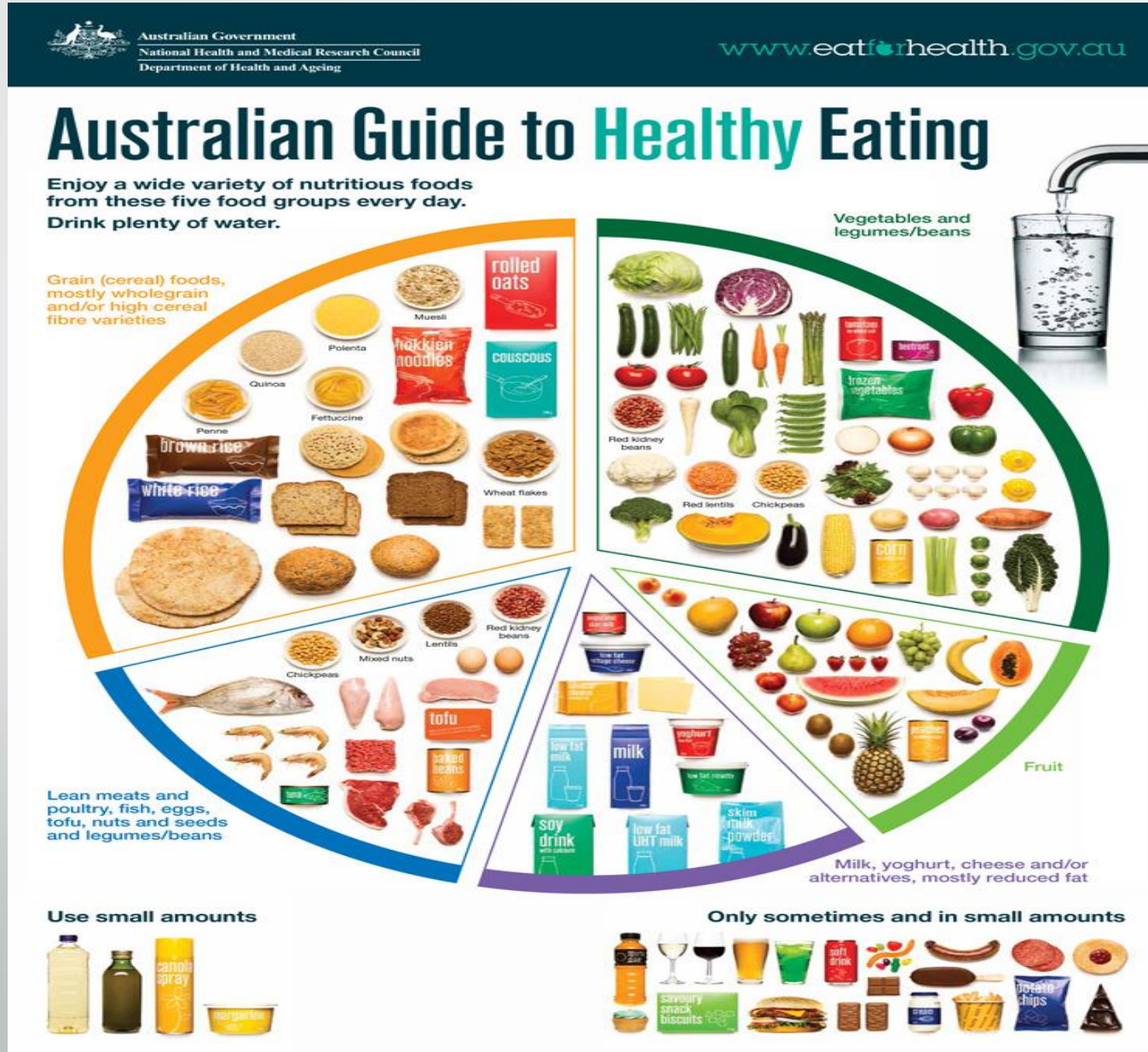
- Establish a **regular pre-sleep ritual** including 'wind down' & relaxation strategies
- Create a **sleep compatible environment**
- Sleep when sleepy – adjust routine to sleep need
- **Avoid stimulants** (caffeine & nicotine) from mid afternoon onwards
- Avoid recreational drugs (including alcohol)
- **Manage medications** – know how it can impact upon sleep
- Get up & try again (after 20 minutes reset your routine)
- Consider a *sleep diary* if issues continue
- Modify settings on devices “*Do not disturb*” and “*Night Shift*”

# NUTRITION



- Building blocks for neurotransmitters required for feel good hormones
- **Glucose** is the **fuel that feeds the brain** to function well
- Healthy food can increase performance, strengthen the immune system and ability to cope with stress
- 3 proper meals and two snacks per day (and supper?)
- **Eat breakfast** because it provides energy throughout the day
- During **peak study periods more 'fuel'** is needed to feed the brain - healthy snacks. *fruit smoothies, lean protein, raw nuts, hard boiled eggs*
- Drink lots of water (2- 3litres)
- Excessive intake of junk food while studying is likely to impede their ability to perform at their best
- Caffeine can create an anxious feeling in the body
- **Too much sugar** can lead to unbalanced energy level "**crash and burn**" effect

# NUTRITION





# EXERCISE



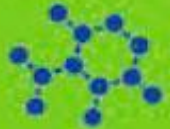
- It helps the **release of muscle tension** and adrenaline that has built up in the body because of high stress levels
- It is important for good mood and for physical and mental alertness
- When shared with a friend it promotes interaction with others
- Identified as an **effective tool** to **manage mild to moderate depression** as anti-depressants
- Please **encourage** but not force your teen to include some exercise into their week



# EXERCISE



## THE BRAIN BENEFITS OF EXERCISE



INCREASES PRODUCTION OF  
NEUROCHEMICALS THAT  
PROMOTE BRAIN CELL REPAIR



IMPROVES  
MEMORY



LENGTHENS  
ATTENTION SPAN



BOOSTS DECISION-  
MAKING SKILLS



PROMPTS GROWTH OF  
NEW NERVE CELLS AND  
BLOOD VESSELS



IMPROVES  
MULTI-TASKING  
AND PLANNING



# CONNECTION



## SUPPORTING EMOTIONS AND CULTIVATING POSITIVE EMOTIONS

- There will be time when emotions are running high!
- Teens need help **regulating their emotions**
- Every emotion is ok. Not every behaviour is ok
- When emotions run high, the thinking **brain is 'offline.'** It is not the time to having problem solving conversations. It's time to **connect to your teens emotions!**
- Connecting with a young person's emotion can soothe the emotion and bring the thinking **brain back 'online'**. Family dinner time
- It is better to acknowledge and let go of emotions rather than keep them in and let them build up. We can push them down but they don't tend to go away
- **Recognise effort**
- Praise effort and personal progress and celebrate successes

*Research suggests that the single most important factor that predicts a teen's mental health is a **sense of unconditional connection and belonging to at least 1 significant positive adult role model.***

# CONNECTION



- **Michael Carr-Gregg's** Tips to get the whole family through **the year**

**From the Book 'Surviving Year 12,' page 174.**

- *Guide, support and encourage your son or daughter*
- *Don't nag*
- *Don't tell them they will fail if they don't work harder*
- *Encourage healthy eating, regular exercise and plenty of sleep*
- *Take their efforts seriously*
- *Create an effective workspace in the house if they can't study in their room*
- *Take a whole family approach to supporting the student*
- *Don't overload them with domestic chores*
- *Let them know that you're there when they need you*
- *Encourage them to believe in themselves*
- *Remind them of their goals*
- *Give them positive feedback whenever possible*
- *Remember, the final year is about them, not you*
- *Encourage them to take study breaks when necessary*
- *Help them put and keep the year in perspective*

*Keep an eye on their emotional health – look for changes in sleeping or eating habits and see your GP if concerned*



# BALANCE

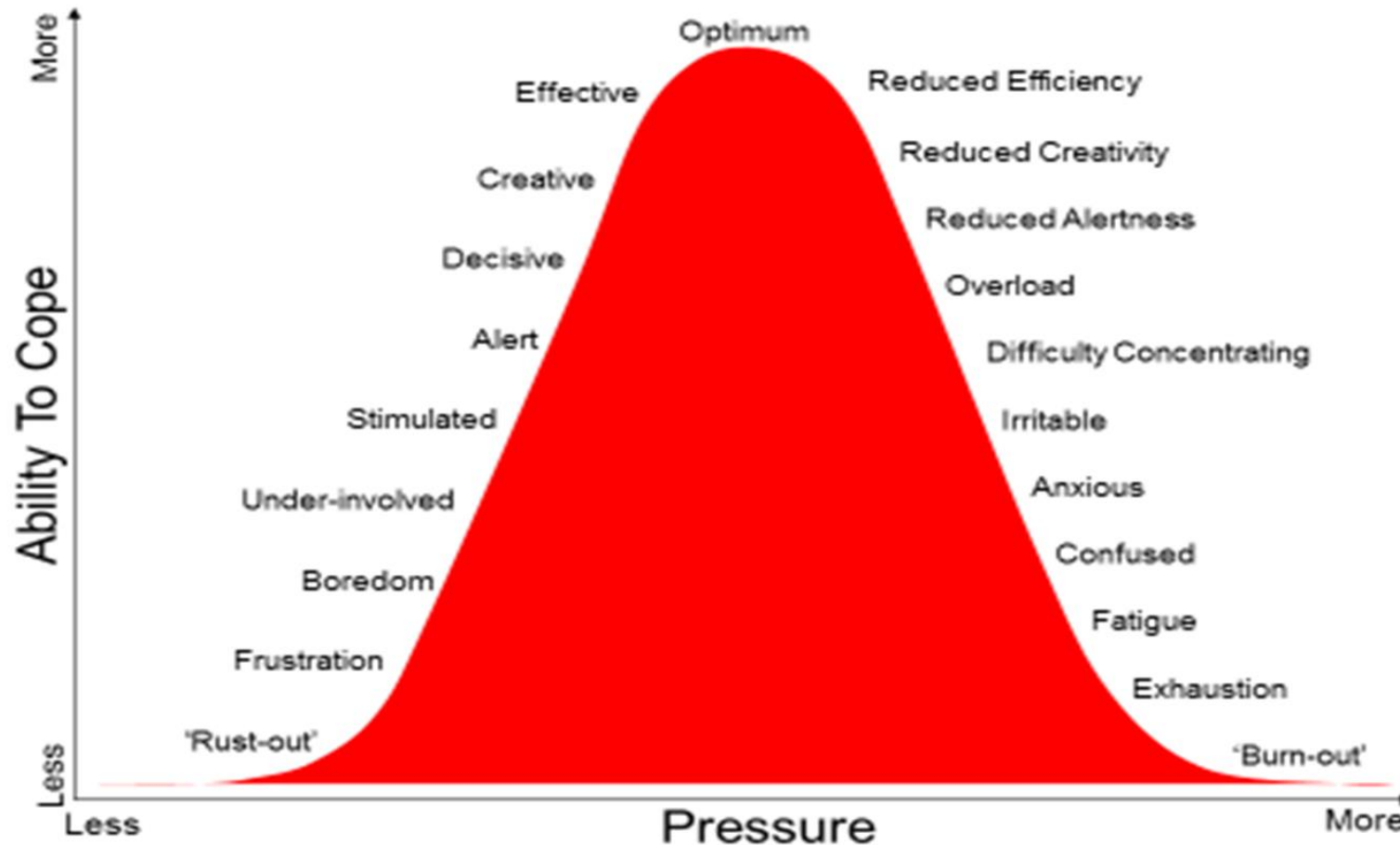


<https://www.youtube.com/watch?v=rCp1l16GCXI>

# BALANCE



## The Nature of Stress



# BALANCE

## Understanding the 3 stress responses



Fight



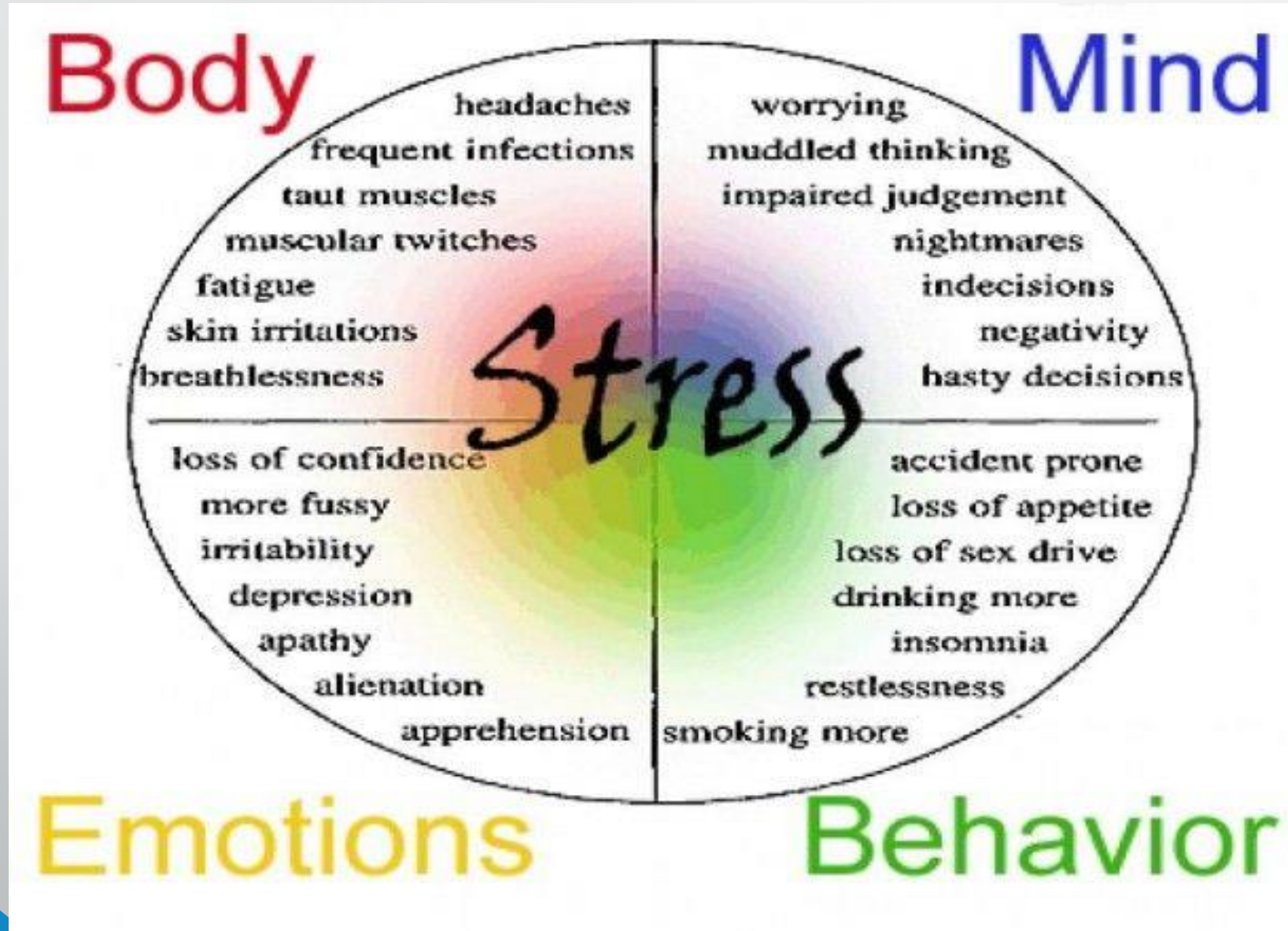
Flight



Freeze



# BALANCE





# BALANCE – WHAT CAN BE DONE?



## MOVE AWAY FROM THE STRESSOR

- Managing distractions
  - Do Not Disturb or Low light setting on mobile devices (e.g. Night Shift)
  - Pre-agreement regarding storage & use of mobile devices during study time
- Positive social interactions
  - Network of friends, family and others to support, encourage and provide guidance “lighthouse”
  - Explicating saying that your teen is worthy of love, time and attention because of who they are NOT how or when they perform

## CHANGE THE STRESSOR

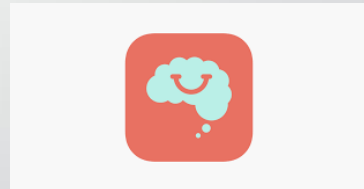
- Time management – overscheduling & being adaptable to life changes
- Start - motivation can follow once you get started

## COPE WITH THE STRESSOR

- Self-Talk - affirmations
- Self-Compassion - managing the ‘guilt’
- Goal Setting – SMART principle; being clear and explicit on the reasons why study time is important
- Self Care – rewards, personal hygiene, controlled breathing

[https://www.youtube.com/watch?v=-f3\\_A8qvtUU](https://www.youtube.com/watch?v=-f3_A8qvtUU)

- Mindfulness – “Smiling Minds” app



# BALANCE – MORE?



- **Rest breaks** need to be included in study time
- Successful individuals pay as much **attention** to how they are using their **down time** as to what they are doing during their **work time**
- Too much time working / studying can build resentment of the work/study
- **Time away** having fun, exercising, spending time with friends can mean teens are **refreshed for study**
- Teens can feel guilty when they are not studying. They need not to feel judged when on a break
- Avoid giving them too many chores
- Consider how much in the schedule is too much i.e. part-time work hours maximum of about 6 hours per week, not week nights.



# BALANCE

## ANXIETY

Lasting at least TWO WEEKS

- Intense fear or anxiety about certain thing or situation
- Worrying a lot more than usual
- Avoiding things that worry you
- Panic attacks
- Restlessness
- Can't sleep or sleeping too much
- Feeling on edge
- Can't concentrate



## DEPRESSION

Lasting at least TWO WEEKS

- Not enjoying things they used to
- Feeling really sad
- Withdraw from friends and family
- Can't sleep or sleep too much
- Can't concentrate
- Not feeling hungry or eating more than usual
- Feeling really tired
- Feeling worthless or guilty
- Suicidal thoughts

Seek assistance via GP (mental health plan) & external health professionals

# Resources

- Study skills link on SEQTA

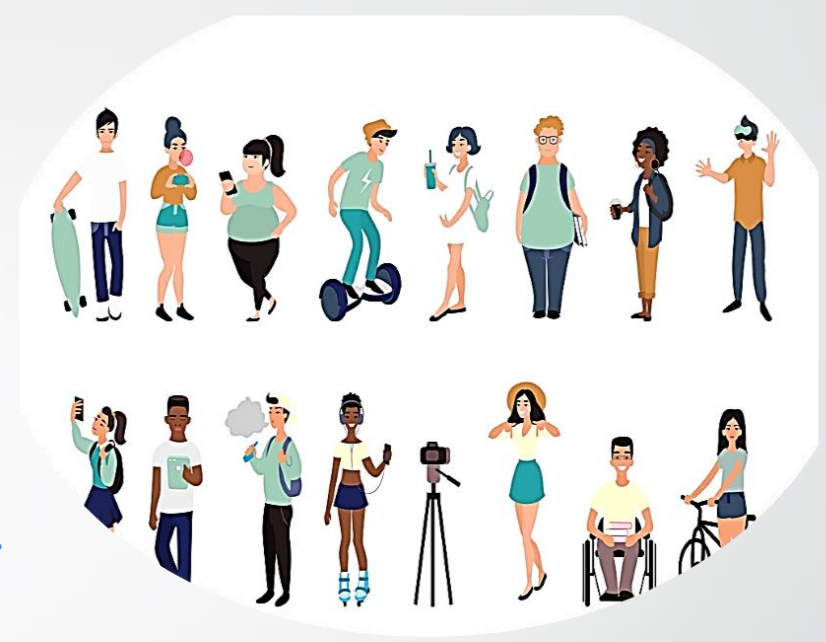
<https://www.churchlands.wa.edu.au/>

- Struggle switch

<https://www.youtube.com/watch?v=rCp1I16GCXI>

- Breathing exercises

[https://www.youtube.com/watch?v=-f3\\_A8qvtUU](https://www.youtube.com/watch?v=-f3_A8qvtUU)



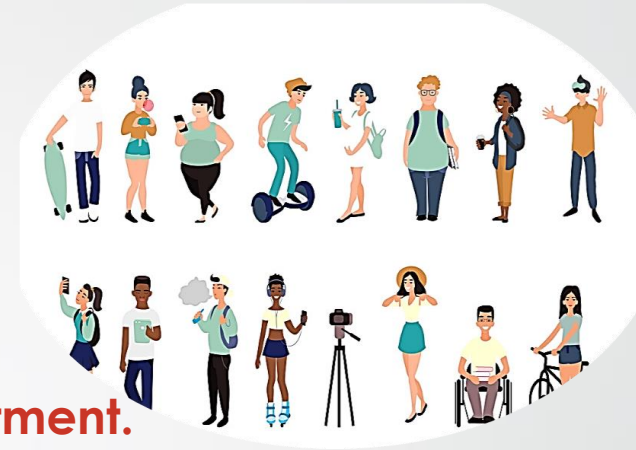


# Resources

<https://www.mhc.wa.gov.au/>

[Mental Health Emergency Response Line](https://www.mhc.wa.gov.au/) **1300 555 788 (Metro) or 1800 676 822 (Peel)**

**In an emergency call 000 or visit your local emergency department.**



[eheadspace](https://www.eheadspace.org.au/)

**Online and telephone counselling  
for 12-25yr olds**



**Youth Focus  
08 6266 4333**



**Kids Helpline  
1800 551 800 (5 to 25 year olds)  
or 1800 654 432 (parents)**



**Suicide Call Back Service  
1300 659 467**



**Relationships Australia  
1300 364 277**

# Resources

## Kids and Youth Mental Health Support Lines

### [Child and Adolescent Health Service urgent mental health support line](#)

1800 048 636

### [headspace\\*](#) (seven days a week from 9am to 1am AEST)

1800 650 890 (12-25 year olds, family and friends)

### [Youthbeyondblue](#)

1300 224 636 (12-25 year olds)

Alcohol and Other Drug Support Lines

### [Alcohol and Drug Support Line](#)

08 9442 5000 or 1800 198 024 (Country Toll Free)

### [Parent and Family Drug Support Line](#)

08 9442 5050 or 1800 653 203 (Country Toll Free)

### [ReachOut](#)

<https://au.reachout.com/>

### [Rurallink](#)

1800 552 002

### [beyondblue](#)

1300 224 636

### [The Samaritans Crisis Line](#)

08 9381 5555 (main line) 08 9388 2500 (Youth Line) or 1800 198 313 (Country Toll Free)

### [Men's Line Australia\\*](#)

1300 789 978

### [QLife](#) (LGBTI+, 3pm to 12am)\*

1800 184 527

### [Quitline\\*](#)

13 7848

### [Butterfly Foundation](#) (eating disorders, Monday-Friday 8am to 9pm AEST)\*

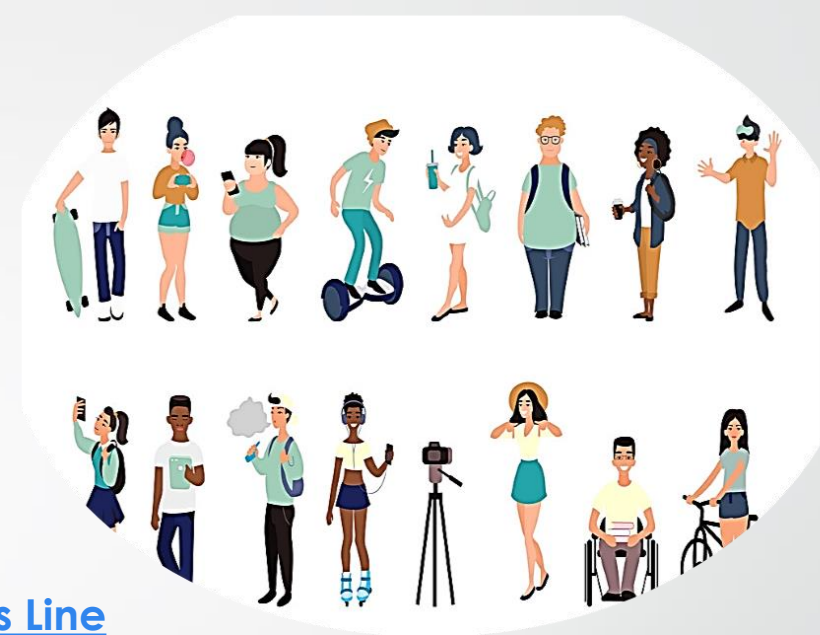
1800 334 673

### [Child Protection and Family Support Crisis Care Helpline\\*](#)

08 9223 1111 or 1800 199 008 (Country Toll Free)

### [HealthDirect](#) (general health information and advice)\*

1800 022 222



# Thank You

