

## *Is your teen stressed out about grades, the SATs, or getting into college?*

The Hudson Valley Center for Cognitive Therapy (HVCCT)  
is pleased to offer the following new coaching series:

“Anxiety Management & Performance Enhancement for High School Students”

As students, parents, and counselors are painfully aware, recent increases in applicants have made college entrance a highly selective and competitive process. Many students now find themselves loaded down with A.P. classes, fixating on achieving high grades and SAT scores, and participating in multiple extracurricular activities.

The pressure is extreme. Many teens are anxious and consumed with worry. Some suffer headaches and stomachaches. Some are sleep deprived from staying up late to complete homework. Many become moody, irritable, and even depressed.

The HVCCT now offers a 5 session coaching series designed to help students cope more effectively with stress and anxiety while increasing their confidence and helping them develop a healthy perspective during this inherently stressful process.

The topic covered in each workshop is tailored to the individual student and focuses on his or her particular needs. Examples of topics include:

- Anxiety Reduction
- Test Anxiety
- Balance of Work & Leisure
- Perfectionism
- Study Skills/Organization
- Procrastination

Students work individually with a licensed psychologist who serves as a “coach” during the process. Students will learn specific strategies to identify and change thinking patterns that contribute to their stress and anxiety. An overarching goal of the series is to help students step back, question their current perceptions and thinking, and increase self-confidence – all of which can ultimately enhance performance and prepare them for the academic, emotional, and mental challenges ahead.

For more information, please contact Dr. Christine Ziegler at (845) 353-3399 x12 or visit the HVCCT website: <http://www.hvcct.com>