

# Wellbeing: Staying calm at assessment time

## Course overview

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Do you get worried and stressed about assessments? Does your stress negatively impact on your result?

If so this is the course for you. It will help you to decrease your worry and stress levels and provide techniques that you can use to help calm you down before and during assessments.

## What will I study?

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You will:

- Find out what actually happens in your body when you are stressed / worried and how we can change this
- Specifically identify how each of us reacts to stress and worry
- Practice proven techniques for calming

## Assessment method

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You will participate in activities, discussions, Q&A and receive verbal feedback from the tutor throughout the workshop and put into practice the principles covered.

## Entry requirements

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This course is open to all.

## What should I bring with me?

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You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

## Key information

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## Possible next steps

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Following the successful completion of this course, you will be supported to enrol on to other wellbeing courses, family learning courses or signposted to another course suitable for you.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722