# Youth*Moves*

***A news-sheet for people interested in Youth Issues in Australia*** **Iss. 5 Term 2 2001**

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## welcome!

Welcome to the fifth issue of "Youth*Moves*". As a Psychologist and Speaker specialising in youth issues I created this newsletter to give brief 'snatches' of youth news, info and resources relevant to busy people relating with young people. I hope this newsletter is of interest and help to you. If I can assist your work with young people in any way (by offering counselling services, speaking/training or just answering a question about youth issues), please feel free to phone me on 8357 1711, or email i

## UpDateShot

The State Theatre's young playwright association has a competition for young writers to send in their script…they can win $1000 & have their play produced! Details: Ring State Theatre - ph.82315151

Leadership conference for one hundred 24 to 30 y.o Australians, held in Tasmania July 7-14 2001. Apply now http://www.youngaustralians.org

For details of all 2001 Australian conferences on youth issues and youth affairs see: http://www.acys.utas.edu.au/ncys/events/events.htm

A great site to help young people get involved in volunteering is: www.govolunteer.com.au
This is a searchable site by activity and suburb.

If you are working with young people in crisis, and need to find short term accommodation for them, ring Trace A Place – ph. 8212 7799

Another helpful Australian site for helping young people with career choices: www.careers.gov.au.

Study skills and life skills seminars are currently being run across the state in public and independent schools, for details call Innovate Psychology and Consulting, 83571711

Living with It, by Bev Aisbett is a great and easily read book (with cartoons) excellent for teens with anxiety problems – available from Cope Bookstore.

## Term Two Panic

We tend to associate student panic with end-of-year exams. However, as teachers and parents know, many senior students experience anxiety and stress near the *beginning* of the year. The "honeymoon" period in Term 1 fades, young people get a glimpse of what the year will be like and they either rise up or give up.

Psychologically, there are several reasons for Term 2 panic. First, young people have a different perception of time & feel there is a long way to go before December. Despite assurances the year will fly by, they see endless study sessions ahead. Second, for many students this is their first taste of senior workload and they haven't yet seen that they can manage this and succeed. Third, Term 1 may not have gone well and students realise there are real problems in the way they study.

Term Two Panic is important in that it can be a turning point for students. I have seen students really struggling in Term 2, then honestly re-evaluate where they are at, and go on to do brilliantly. I have also seen students panic and give up, just seeing the year out.

What can the supporters of young people do at this crucial stage? First, **spend time *now*, teaching students "how to" cope with the year.** Term Two is often the best time for instruction on study skills and stress management. When I conduct school seminars in Term 2, students are sometimes more receptive to information than they have been earlier, because they now have a sense of what is required. **Be available to listen to concerns.** Students are often able to create solutions to their study problems if they are given time to talk them out with supporters. Resist giving advice (they've heard it) but ask questions such as: "What do friends do that works well for them in study?" and "How can people around help you with the year?" **Promote breaking the year down into manageable chunks.** Anxiety often comes from focussing on everything that has to be done, rather than looking at each week at a time. Help students "chunk" by creating to-do lists for each week. Even if year-long projects are required, encourage students to focus on the next step rather than the finished project. **Encourage life outside school.** Physical exercise, socialising and community activities help young people get perspective on study, and this can motivate them to keep going. Finally, **help young peopl** **professional counselling** if it seems as though stress is int with their enjoyment of life.

**There are two theories for arguing with teenagers. Neither works.**

## Idea!

Young people rarely get thanked. A sincere thank you note to a deserving teenager can create a memory they'll hang on to forever.