The National Institutes of Health (NIH) reports that one in four 13-to-18-year-olds has had an anxiety disorder in their lifetime. Heroic teachers are facing this challenge with little to no training in mental health and behavioral principles. This leaves teachers to learn on the job and rely on their instincts, and leaves students with mental health issues or challenging behavior at risk for poor outcomes such as disconnectedness from school, academic failure, poor social adjustment, and a disproportionate number of suspensions and detentions. This workshop will focus on classroom interventions for students with anxiety-related and oppositional behaviors, including how to reduce concerning behavior such as work avoidance and arguing.

The workshop will enable participants to:
- Learn how to identify anxiety in a student and intervene quickly enough to prevent them from escalating.
- Understand how anxiety effects working memory and other skills crucial to achieving success in school.
- Be able to replace common teacher interventions with anxiety-reducing strategies that are effective and easy to implement.

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