MHPN WEBINAR

Working collaboratively to support students experiencing anxiety about exams

Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning. Please note, MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.

Your details

Your name:	
Date completed:	
Activity Name:	Working collaboratively to support students experiencing anxiety about exams
Learning outcomes	Watch this facilitated panel discussion of Jessica's story to be better equipped to: • describe how to engage with young people to assess their anxiety • implement key principles of providing an integrated approach in the early identification of youth who are at risk of suicide and/or self-harm due to stress and anxiety from end of school studies • identify challenges, tips and strategies in providing a collaborative response to assisting youth who are experiencing stress and anxiety when completing their end of school studies.
Time spent engaged in the activity:	(including completing this form)

After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?

2. Identify your learning goal and how the activity's content aligned with that goal.

3. What actions are you going to take to use the learnings to improve and/or change your practice? For example:
   - Explore the topic further in a supervision session or with a peer/colleague
   - Identify and read the latest research
   - Undertake additional courses, study or training
   - Search MHPN's webinar or podcast libraries for more PD content
   - Join an MHPN network to connect with other practitioners for networking, peer support or PD

4. Please note any other reflections on the topic or activity.

Mental Health Professionals' Network
ABN 67 131 543 229

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