



MASSACHUSETTS SCHOOL ADMINISTRATORS' ASSOCIATION



An MSAA **VIRTUAL** Professional Development workshop for: PreK-12 Classroom Teachers, Paraprofessionals, School Counselors, School Psychologists, Special Educators, School Nurses, and Administrators

# Reducing Anxiety in Students



Featuring Presenter:  
Jessica Minahan

*offered in two live online sessions*

**Thursday, October 1, 2020  
and Monday, October 5, 2020**

**both sessions 3:00pm to 5:00pm, Eastern Time**

**REGISTER NOW – SPACE LIMITED**

**PD Hours: 4  
Content Area:**

*Safe and Supportive Learning Environments*

**Fee:** Member \$120; Non-Member \$160  
**MSAA Contact:** [carmenio@msaa.net](mailto:carmenio@msaa.net)

With up to one in three children struggling with anxiety in this country, overwhelmed adults require a new approach as well as a practical and easy-to-implement toolkit of strategies that work. In the time of COVID19, and the subsequent societal changes, anxiety has become ever-present in students of all ages. It is probable that during a pandemic that heavily impacts everyday life, levels of anxiety in children and teens are even higher, and the possibility of subsequent trauma greater.

Through the use of case studies, humorous stories, and examples of everyday challenging situations, participants will learn easy to implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, accurate thinking, and self-monitoring in students. Virtual classroom and traditional classroom examples will be shared.

**Jessica Minahan, M.Ed., BCBA**, is a board-certified behavior analyst and special educator, as well as a consultant to schools nationwide. Jessica has over 17 years of experience supporting students who exhibit challenging behavior in urban public school systems. She is an adjunct professor at Boston University, a blogger on The Huffington Post, as well as the author of The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students, with Nancy Rappaport (Harvard Education Press, 2012) and The Behavior Code Companion: Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related or Oppositional Behaviors (Harvard Education Press, 2014) ([www.jessicaminahan.com](http://www.jessicaminahan.com))

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