



AXIOM

**PSYCHOLOGICAL
& COACHING
SERVICES**

The HSC



*Realise your
Potential*

**Stop worrying,
help is now here!**



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If you feel a bit overwhelmed with the thought of doing the HSC you are not alone. Research suggests that 40%–50% of year 11 & 12 students will struggle with serious, harmful stress. This figure rises in the weeks before the HSC. *

Stop worrying, help is now here! Designed for senior high school students starting their HSC journey and crafted by our skilled, experienced psychologists and educators Axiom Psychological & Coaching Services proudly announces our new program **“The HSC – Realise your Potential”**.

As a participant, you will:

- *Develop strategies to minimise the harmful effects and harness the useful effects of stress*
- *Develop effective learning and retention strategies for peak performance*
- *Learn how to connect with your own motivation for HSC success*
- *Gain organisational and time management skills*
- *Learn self care strategies.*

One session per week (1 ½ hrs each week) for 4 weeks

Small groups

Cost: \$110 (inc GST)

For further information and group times

please call 4324 5400

* (Currie, C and Hagarty, J quoted in Education Connect. Issue 16 Sept 2010)

*...because
we care*

**Realise your potential.
Book a place now!**



4324 5400

www.axiopsych.com.au

46 George St, East Gosford NSW 2250