

A brief resource from the Center for MH in Schools & Student/Learning Supports at UCLA

About Anxiety, Resilience, and Schools

<http://smhp.psych.ucla.edu/pdfdocs/anxiety22.pdf>

Given the events of the past several years, it is not surprising that concerns about anxiety are on the rise, especially as related to student’s learning, behavior, and emotional problems. This brief resource highlights (1) what’s normal anxiety and what’s not, (2) an appreciation of protective factors and resilience, (3) our center’s perspective on what schools can do to reduce student anxiety and promote resilience, and (4) direct links to more resources.

Reminder: We recently proposed an online national summit to elevate discussion about transforming student/learning supports. To determine interest in this and to guide planning, we are seeking as wide a range of input as feasible. See page 3 of the following brief article for the 4 questions we are using as prompts for input.

**Reversing the Fragmentation of Student/Learning Supports:
Are You Part of the Problem?
*Will You be Part of the Solution?***

<http://smhp.psych.ucla.edu/pdfdocs/summer2022.pdf>

We look forward to learning your thoughts.

Best wishes and stay well,

Howard & Linda

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