



WORKSHOP GENERAL

Navigating the Academic Journey:

Strategies for a Stress-Free Higher Education

FREE ENTRY

1 HOUR
INTRODUCTORY
WORKSHOP

 **16 MAR 2024 (SAT)**

 **2PM - 3PM**

 **MCKL PYKETT CAMPUS**

INTRODUCTION

Stress is the body's 911 system which needs your attention! Most of the time, we stress about being stressed. Is stress inevitable? Are you someone who associates stress with negative emotions? If you are saying yes, then this workshop is for you to get some enlightenment. The workshop will provide an understanding of common symptoms to help you achieve better results and health through effective coping strategies for stress.

WHAT YOU WILL ACHIEVE

- ➔ To distinguish between positive and negative aspects of stress
- ➔ To reframe the perception of stress from being purely negative to recognising its potential benefits and opportunities for growth
- ➔ To equip students with simple, practical coping strategies to manage stress effectively and improve their overall well-being during their pre-university journey

Methodology



Lecture



Discussions

Who should attend?



SPM
Leavers



Secondary
School
Students



Guest

Limited Seats Available, **RSVP NOW!**

For more information



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 <https://bit.ly/3ORP0UJ>

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Visit **MCKL**
OPEN DAY

15-16 & 22-23 MAR 2024 | 9AM - 5PM
KL Campus | Penang Campus

SIGN UP NOW