

Types of Strategies that Educators can use with their Students

Preventative strategies. Preventative strategies support the development of feelings of effectiveness that can prevent or reduce anxiety. The more effective a student feels, the less anxious he or she will feel. The following strategies were put forward by Jacinthe Beaulieu in her presentation on anxiety at school and strategies for use in the classroom, at the TES symposium on special education techniques that was held on May 31, 2013.

- Encourage positive self-talk;
- Help the student to have realistic expectations;
- Take the drama out of the situation;
- Encourage the student to see the glass as half-full, not half-empty;
- Place an emphasis on personal affirmation;
- Encourage non-anxious or brave behaviours (verbally, emotionally, or otherwise);
- Model effective preventive strategies;
- Support the student to manage his or her own anxiety;
- Note subtle avoidance strategies and offer winning strategies in their place;
- Have moments of fun with the students on a regular basis;
- Have an emergency plan to deal with crises.