

# Pressure to Succeed

November 13, 2019

---

Presenter: Debra G. Salzman, Ph.D.  
Behavior Therapy Associates

Location: Monmouth Mall, Lower Level  
180 Route 35 (Routes 35 & 36)  
Eatontown, NJ 07724

**For directions to the Mall, go to the back of the brochure or our website at: [www.rpdacademy.org](http://www.rpdacademy.org)**

Time: 8:30 am Registration and Coffee  
9:00 am - 1:00 pm Seminar presentation  
**(Lunch will not be provided)**

Fee: No charge for Collaborative Members  
\$100 per person for Non-Collaborative Districts (non-refundable)

Overview: There is an increase in anxiety and worry among children and adolescents. Social media and the constant availability of social comparison contributes to the rise in anxiety in our society. This has led to increased anxiety and depression among high achievers as they strive to be perfect. This workshop will discuss the pressure that children and adolescents face to meet their self-imposed goals. Earlier identification of these perfectionistic ideals can help prevent long term repercussions of striving to be perfect. Participants will learn how to help students set realistic goals and reduce the pressure they place upon themselves. Participants will learn the common pitfalls that teachers and parents make when working with high achievers that reinforce the students' perfectionistic standards.

Outcome

Objectives: Participants will gain knowledge and skills in:

- Identifying anxiety and mood disorders that are common among high achievers
- Learning strategies to help students set realistic expectations and goals.
- Learning how educators and parents inadvertently reinforce the students' perfectionistic standards.
- Learning strategies to help students manage their anxiety and worry.

P.D.U.: 4.0 hours

**NOTE: Handouts will be available on our website approximately 1 week prior to the workshop. Please go to our website: [www.rpdacademy.org](http://www.rpdacademy.org), access the "Workshops and Training" drop down menu, go to "HANDOUTS" to download. Handouts will be listed by date & workshop title. Copies will not be available the day of the workshop.**