

STUDENT MENTAL HEALTH WORKSHOP

Surviving High School

Student Productivity and Stress Management

Thursday, October 15, 2026 at 7 PM via Zoom

High school is a non-stop hustle—between classes, exams, prep, and sports, it's easy to feel overwhelmed. But what if understanding how your brain handles stress could give you an edge?

Join us for an interactive workshop to unpack the science behind stress, procrastination, and overload.

What You'll Learn:

- Evidence-based strategies to manage packed schedules and sharpen focus
- Tools to build healthier study habits and prevent burnout
- Real-time techniques to handle stress during exams or busy school days

Bonus: Wrap up with a guided breathing and mindfulness session you can use anytime, anywhere.

Take control of your focus. Leave with actionable tools that actually work.



Presenter Chandika Chandramohan is a high school senior at Hopewell Valley Central High School (HVCHS) with a passion for promoting student mental wellness through science-based education. She currently manages @hv.mind.momentum, a student wellness initiative that began as part of a HVCHS team HOSA Mental Health Promotion project and has since evolved into an ongoing platform sharing research-backed strategies on stress, time management, productivity, and academic well-being.



REGISTRATION: PenningtonLibrary.org/SurvivingHighSchool