



Strategies for Helping Today's Teens Cope with Modern Stressors and Pressures

Presented by: Marcy O'Connell, MA, CCC-SLP, Melinda Cooper, OT, MBA

Natalie Barnard, MEd

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Time: 12:00 p.m. to 1:00 p.m. ET

Delivery method: Live webinar

Instruction level: Introductory

Sponsored by: NCS Pearson, Inc.

Course Description

This webinar, designed for educators, counselors, and school-based professionals who work with teens, discusses the modern teen experience and highlights common stressors and their impact on mental health, academic performance, and overall well-being. The presentation aims to equip participants with actionable strategies they can use to help teens build resilience and manage stress effectively.

Learner Outcomes

After completing this learning track, the participants will be able to:

1. Describe three common stressors affecting teens in contemporary society
2. Articulate two ways in which excess stress and pressure can affect a teenager's cognitive and social-emotional abilities
3. List at least three strategies that could be explored with teens to help them manage stress in order to lead more productive and fulfilling lives
4. Recognize key indicators of stress related to language, social expectations, and pragmatic challenges in adolescents, and apply strategies to address these areas

Time-ordered Agenda

10 minutes	Introduction
10 minutes	Identifying common teen stressors
20 minutes	Strategies for coping & resilience
10 minutes	Conclusion & actionable takeaways
10 minutes	Q&A

About the Presenters

Marcy O'Connell is an ASHA-certified speech-language pathologist with over 15 years of experience working in public schools, outpatient clinics, private practice, and early childhood intervention settings. Licensed in Texas and New York, she has a strong background in clinical assessment, mentorship, and professional development. In her current role as a Healthcare Assessment Consultant at Pearson, Marcy provides guidance on selecting and utilizing clinical assessments to support accurate diagnosis and intervention for practitioners in healthcare and private practice settings.



Melinda completed her occupational therapy undergraduate degree at LaTrobe University and her Masters of Business Administration at Melbourne Business School in Melbourne, Australia. She worked clinically as a pediatric OT for 12 years, in a variety of settings including schools, community health and private practice, specializing in children with learning and coordination difficulties. She joined Pearson Clinical Assessment in 2007 and is now the product manager for Pearson's line of OT and PT assessment tools.

Natalie Barnard, is a licensed educational diagnostician in Texas with specific clinical interests in learning disabilities, including intellectual disabilities, and dyslexia. She earned her bachelor's degree from Midwestern State University in 2004 and her master's in education from Texas A&M University in 2013. As an Assessment Consultant with Pearson, she provides consultation and training to support best-practice use of Pearson's clinical assessment products.

Disclosure

Financial:

Marcy O'Connell currently serves as a Healthcare Assessment Consultant at Pearson.

Melinda Cooper currently serves as the Senior Product Manager for the Therapeutics Portfolio at Pearson Clinical Assessments.

Natalie Barnard is currently an Assessment Consultant with Pearson.

Nonfinancial: There is no relevant non-financial relationship to disclose.

NCS Pearson, Inc., the sponsor of this webinar, develops and distributes assessments and intervention tools for speech-language pathologists, occupational therapists, and psychologists. This offering will only include information that pertains to the effective and appropriate use and interpretation of the Adolescent/Adult Sensory Profile, published by NCS Pearson. No other assessments will be discussed during this presentation.

References

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