

Back-to-School Anxiety: What Is It & How Do I Cope With It?

September 15, 2026

1:30-2:30pm MT

Going back to school can bring a mix of excitement, uncertainty, and anxiety, especially when routines, expectations, and social situations begin to change. This session will help participants understand why these feelings happen, how anxiety affects thoughts, emotions, and behaviour, and introduce practical strategies they can use to feel calmer, more confident, and prepared for the transition back to school.



Learning Outcomes:

- Understanding transition, and how anxiety is a normal response to transition
- Understanding the human brain, and how it influences the relationship between our thoughts, feelings, and behaviours
- Learn some practical strategies that can be used for regulating anxiety

Speakers:

Carey Ogilvie is a Registered Provisional Psychologist with Calgary Mental Health & Wellness Centre and Cienna Mental Health & Wellness Centre. She has a Bachelor of Arts Degree in Psychology, and a Master of Counselling Degree in Counselling Psychology. Much of Carey's training has been about helping people of all ages how to understand and navigate their thoughts, feelings, and behaviours about stressful situations, including going back to school.



Target Audience: Individuals aged 10 years and up that express feeling nervous or uneasy about going back to school

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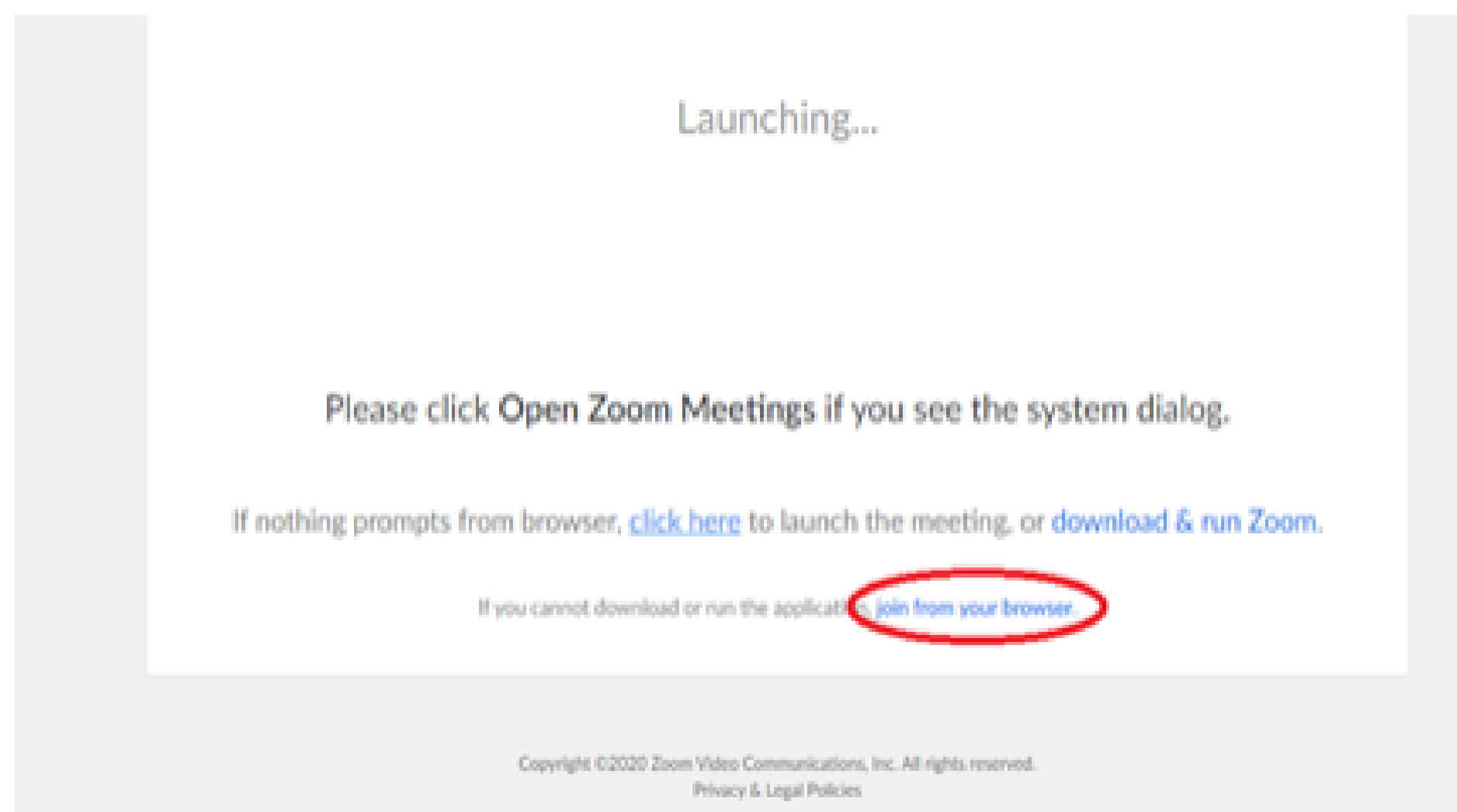
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