

## Welcome Keene Staters!



**Mad Skills for the New Student: Turn Strong Challenging Emotions into Positive Action.**

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## Stress Happens

**Stress** — A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

**About 75% of adults have felt moderate to high stress in the past month.** (Source: Global Organization for Stress)

## Mad Skill #1 Find Your Voice





## Mad Skill #2

### Icebreakers and Listening to Manage Social Anxiety



## Group Activity

### Getting to Know Others



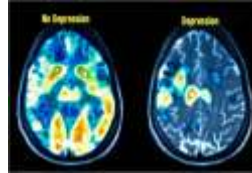
- What's your name?
- Where are you from?
- What are you interested in?
- What gets you excited about at Keene State College?



## Emotional Control is Your Super Power



## Stress and the Brain



- Fight, flight, or freeze
- Impaired memory
- Problem solving and rational thinking decrease
- Learning is hindered
- Physical, mental and emotional health suffer

## Mad Skill #3 Time Management



## The STARR Model



- S** = Specific situations
- T** = Trigger
- A** = Action
- R** = Result
- R** = Repeated pattern

### The STARR Model

**S = Specific situations: What most worries you about coming to college?**

Survey says: 30.6% Social, 26.5% Life Management, 18.5% Schoolwork

Top 10	Top worries of incoming first-year college students	Number	Percent
1	Stressor / Making new friends	131	20.1%
2	Time management	81	12.4%
3	Leaving home / being homesick	69	10.6%
4	Heavy workload	63	9.6%
5	Transition into college	31	4.7%
6	Getting poor grades	27	4.1%
7	Balance social life with education	25	3.8%
8	New experience / overwhelming	24	3.7%
9	Living with others	23	3.5%
10	Not succeeding	21	3.2%

### The STARR Model

**T = Trigger:** Adverse thoughts, feelings, and bodily sensations.

**Bodily Sensations:**

- Rapid heart beat
- Sour stomach
- Headache
- Shallow breathing

**Thoughts (negative self-talk):**

- "I can't do this"
- "This is terrible"
- "It will never work out"
- "I can't believe this is happening"

### The STARR Model

**A = Action:** observable unproductive or negative behaviors

- Procrastination
- Avoidance
- Isolation
- Lashing out at others
- Destructive behaviors

### The STARR Model

**R = Result:** The outcome you receive in a situation stemming from an unproductive action.

- No Change
- Disconnection
- Mediocrity/poor grades
- Being late
- Not having friends
- Being/feeling alone
- Unbalanced
- More stress

## The STARR Model

**R = Repeated pattern:** We all have them.



## Mad Skill #4

### Focus on desired outcomes

What results or outcomes do you want to create?

#### Desired Results:

- New friends
- Be involved
- Good grades
- Stay connected with family
- Life balance
- Smooth college transition

## Mad Skill #5

### Calm Down



## Jeff's Top 10 Calming Strategies

1. Give others gentle feedback. Find your voice!
2. Use a 'backwards plan' to manage your time.
3. Listen to others and friendships can be forged.
4. Focus on actions to support the desired results you want.
5. Recognize when you are in emotionally stressful situations.
6. Identify and 'own' your feelings.
7. Ask for help. Seek counsel. Find a mentor.
8. Eat nutritious food. Get sleep. Exercise. Your body is a temple!
9. Meditate. Take deep breaths. Remember what you appreciate the most.
10. Find a group with the same interests and passions as you.

## Throne of Courage

Life coaching session



The best way  
to predict your  
**future**  
is to create it.  
-Abraham Lincoln



## Thank you!

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## Gratitude

I want to thank many folks for helping me put this presentation together.

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- Grady Smith, filmographer
- Wade Newer and the KSC technical crew

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