

Survival Scholars

De-stressor Fest
School Tour Success
Building Resilient Students



2023



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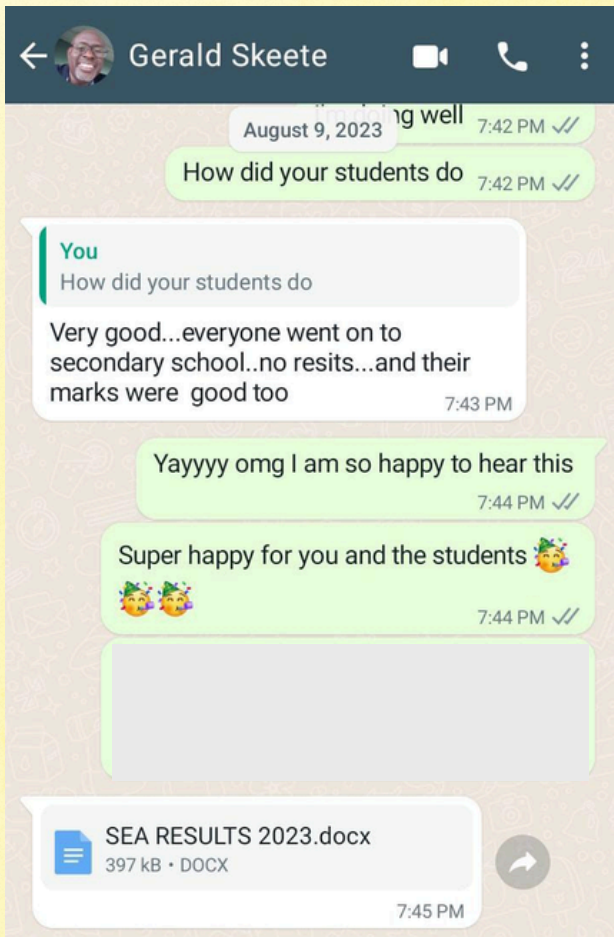


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TESTIMONIES



How was the session, give your rating 1-5, 1 being bad and 5 being excellent S.T

1 2 3 4 5

What did you enjoy most about the session?
I enjoyed making puppets

How do you think the session can be improved?
It can't be improved because it is already the best

Would you recommend having this session again
Yes No

What did you learn today?
I learned to always be inspired

Final thoughts and recommendations about the session
Nothing

Lauren Ballard

How was the session, give your rating 1-5, 1 being bad and 5 being excellent

1 2 3 4 5

What did you enjoy most about the session?
I enjoy the zumba

How do you think the session can be improved?
No I don't think it can be improved it was wonderful

Would you recommend having this session again
Yes No

What did you learn today?
I learn to make a puppet

Final thoughts and recommendations about the session
The session was very good

Melody Pascal

How was the session, give your rating 1-5, 1 being bad and 5 being excellent

1 2 3 4 5

What did you enjoy most about the session?
I enjoy making puppets and dancing

How do you think the session can be improved?
I don't think it should be improved because it already Perfect

Would you recommend having this session again
Yes No

What did you learn today?
I learn that don't say bad thing but say positive things

Final thoughts and recommendations about the session
I loved it and teacher is so kind and calm

How was the session, give your rating 1-5, 1 being bad and 5 being excellent

1 2 3 4 5

What did you enjoy most about the session?
I enjoy doing the puppets

How do you think the session can be improved?
I don't think so

Would you recommend having this session again
Yes No

What did you learn today?
I learn how to control my stress

Final thoughts and recommendations about the session
I recommend longer session

How was the session, give your rating 1-5, 1 being bad and 5 being excellent

1 2 3 4 5

What did you enjoy most about the session?
I enjoyed making the puppets.

How do you think the session can be improved?

Would you recommend having this session again
Yes No

What did you learn today?
I learn to always have confidence in your self.

Final thoughts and recommendations about the session
The sessions was clam and amazing

How was the session, give your rating 1-5, 1 being bad and 5 being excellent

1 2 3 4 5

What did you enjoy most about the session?
I enjoy making the puppets + zumba

How do you think the session can be improved?
It was very good and fun

Would you recommend having this session again
Yes No

What did you learn today?
I learn not to be stressed

Final thoughts and recommendations about the session
I would recommend that it can be done with other classes STDs

Program Outcome and Benefits

Benefits for Schools

Students were able to:

- Learn coping strategies they can use for a lifetime
- Manage their stress and anxiety levels for exams
- Undertake exams with a sense of agency, calm and self-confidence
- Gain motivation to do their best despite the current circumstances

Parents were able to

- Have the capacity to support their children during exam preparation, thereby reducing their personal stress and anxiety

Guidance Counsellors and Social Workers

- Benefited from gaining additional support to help students as they are already tasked with supporting students' individual needs in other classes

Community

- The community benefits from having socially and emotionally resilient students who are able to positively cope and manage their emotions in a healthy manner

In the long term, parents are well-equipped to support their children, and students were motivated and confident of their ability to succeed.

The results proved enhanced academic performance and impressive testimonials from parents, teachers and students, given the positive impact and results that have materialized.

ABOUT THE PROGRAM

PROBLEM STATEMENT AND SOLUTION

During exam season, there is a rise in students' stress and anxiety levels. Unfortunately, there aren't many programs that work with students to empower them with the emotional skills needed to cope with the anxieties, frustrations and despair they sometimes experience in the lead-up to what society terms "life-defining" exams.

We at Survival Scholars provide a solution to empower students with coping tools to help them manage the various emotions they face before, during and after exams. We do this through the arts, including puppetry, animation, art and craft, drama as well as music. This multidimensional approach appeals to all learning styles and thus resonates with students. We also use storytelling as the main tool to reach our target audience so that our content is always relatable to what they experience.



WHAT EACH STUDENT BENEFITTED FROM

- Creatively Expressing themselves through puppet creation and having their puppet to use as a coping and learning tool

- Learning how to control negative thoughts about their exams and coping techniques through animated puppet videos that are relatable and engaging with real life social stories

- Gain motivation and inspiration through a motivational talk and experience which fueled hope and positivity for their exams

- Coping strategies such as breathing techniques, positive affirmations and grounding activities that they were able to use before, during and after their exams and for future exams

- Creatively Expressing themselves through Zumba dance session

- Coping Cards for encouragement and to express positivity



Together we have created positive change

The Impact Generated

The Survival Scholars De-stressor offers a phenomenal and holistic approach to students coping with exam stress and anxiety to help them be motivated, build their confidence and learn positive coping strategies to overcome the pressure of the high stake exam. The program allows for all senses to be involved in the calming experience allowing for students to benefit from creative self-expression while learning valuable lessons. Students enjoy the session mainly because of the relatability and impact of social stories used.

139 Parents

were better equipped to positively support their children through the challenging season

528 Students

with more balance, less stress and confident to take on exams with improved mental health and wellbeing to carry with them into Secondary School

21 Teachers

with improved capacity to support students

8

Schools

across Trinidad and Tobago

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