

# Competition, Academic Stress and Burnout



Please join us on April 19<sup>th</sup>, 2023 at 7PM for a workshop, or April 27<sup>th</sup>, 2023 at 12:30 for an interactive lunch-and-learn session for parents and caregivers on the challenges young people face with competition, stress and burnout in academics, athletics and other activities. Learn more about strategies to build resilience, flexibility and skills to manage internal and external pressure.

**Topic:**

Competition, Academic Stress and Burnout

**Speaker:**

Dr. Vera Feuer, MD  
Anne Van Der Veer

**Date:**

Wednesday, April 19th, 2023, 7:00 – 8:00 PM  
OR  
Thursday, April 27th, 2023, 12:30 – 1:30 PM

[Click here](#) to register for the 7PM workshop or scan the QR Code below



[Click here to](#) register for the 12:30PM lunch and learn or scan the QR Code below



**Questions? Please email:**

[CCMCommunityOutreach@northwell.edu](mailto:CCMCommunityOutreach@northwell.edu)

**FAQs:**

**Is registration required for this program?**

Yes. Registration is required for this webinar.

**When will I receive the webinar information for this program?** The webinar information will be sent to you after you register. Please do not share this information with others.