

Anxiety

Week 1

Discussion Questions

1. At this stage in your life, what do you most worry about?
 - What concerns do you have about getting through the end of High School?
 - What concerns do you have in terms of your Academic Success?
 - What concerns do you have regarding your senior year spiritual journey?
2. As an upperclassman, how will you stay focused on your school work?
3. What worries you within your relationships with others?
 - Girlfriend? Boyfriend? Best Friend? Teammate?
4. What stress do you have around the college admissions requirements?
 - Getting into school? Costs? College visits?