

Permission Slip for Coping with Anxiety-

The counseling department at your student's high school sponsors educational courses in Canvas. Your student has requested access to the course- Coping with Anxiety. This course is an educational experience that helps the students define anxiety and learn specific techniques for relaxation. Discussion questions will be posted, but participation in online discussion is not be required. Students are encouraged to refrain from discussing information about other students' responses outside of the course and encouraged to discuss their learning with family members. Parents will have access to see their student's assignments in the course through their own Canvas portal. This course is not intended as a substitute for counseling services and is only intended as an educational tool. Students must have permission from their parent or guardian to participate in this program. Please complete the form below and return it to your student's counselor to allow your student to enroll.

I _____ (parent/guardian) give permission for _____ (student) to participate in the Coping with Anxiety course in Canvas.

Student's Name: _____ Gr: _____ ID# _____

Campus: _____

Parent/Guardian's Name: _____ Signature: _____

Date: _____

Daytime contact number for parent/guardian: _____