



How to Maintain a Positive Mindset in the Classroom

It is challenging to keep a pleasant attitude in the classroom while you are under stress or anxiety. The ability of the mind to engage in new experiences and processes can be impacted by stress. It is crucial to control anxiety and discover productive coping mechanisms since students who are stressed or nervous in the classroom find it difficult to concentrate on their academics. More Information Read Our

Blog:https://docs.google.com/document/d/1VwCgmiheZnK4EAA8bMeJGtWa5XG9ID_Mk6bKix1vKwg/edit#