

# Monitor overload

Students experience cognitive stress and overload when a task or situation is overwhelming.

As cognitive fatigue accumulates through the day and week, it may impact self-control and heighten sensitivities.

- ✓ Regularly connect with the student and parents/whānau to discuss their workload and what is happening at home.
- ✓ Work with the student and their family to prevent overload. For example, negotiate in advance the expectations around completing tasks.
- ✓ Find out what the signs of the student being overloaded are.
- ✓ Find out what triggers overload for the student.
- ✓ Discuss with the student what support they need to self-manage when they are overloaded. For example, use a break card, withdraw to a quiet space, tell the teacher they are overloaded.

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