

Basics of Search Engine Optimization & Content Creation in CRM

Lecture Title: Keyword Search



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Keyword Search

Defining Keyword Research

Keyword research is a fundamental SEO (Search Engine Optimization) and content marketing practice involving identifying popular words and phrases people enter into search engines.

The goal is to use these insights to inform and guide content creation, SEO strategies, and marketing campaigns. By understanding the specific terms that the target audience uses to search for information, products, or services related to a business or industry, marketers and content creators can tailor their content to meet user needs more effectively, improving visibility and engagement.



Keyword Search

Importance in SEO:

1. **Improves Rankings**: By optimising content with relevant keywords, websites can improve their rankings in search engine results pages (SERPs) for those terms, increasing visibility to potential visitors.
2. **Drives Targeted Traffic**: Keyword research helps in identifying terms with high search volume and intent that match the business's offerings, attracting more qualified traffic likely to convert.



Keyword Search

Importance in SEO:

3. **Understands User Intent**: It provides insights into what users are looking for, allowing for the optimisation of content to match user intent, whether informational, transactional, or navigational.
4. **Competitive Analysis**: It enables businesses to identify gaps in the market or areas where competitors might be outperforming them, offering opportunities for strategic content creation.



Keyword Search

Importance in Content Marketing:

1. **Content Relevance**: Ensures content is relevant and valuable to the target audience, addressing their questions, needs, or interests and thereby enhancing engagement and retention.
2. **Content Strategy**: Guides the content creation process, helping in planning topics, formats, and the editorial calendar based on keyword demand and trends.



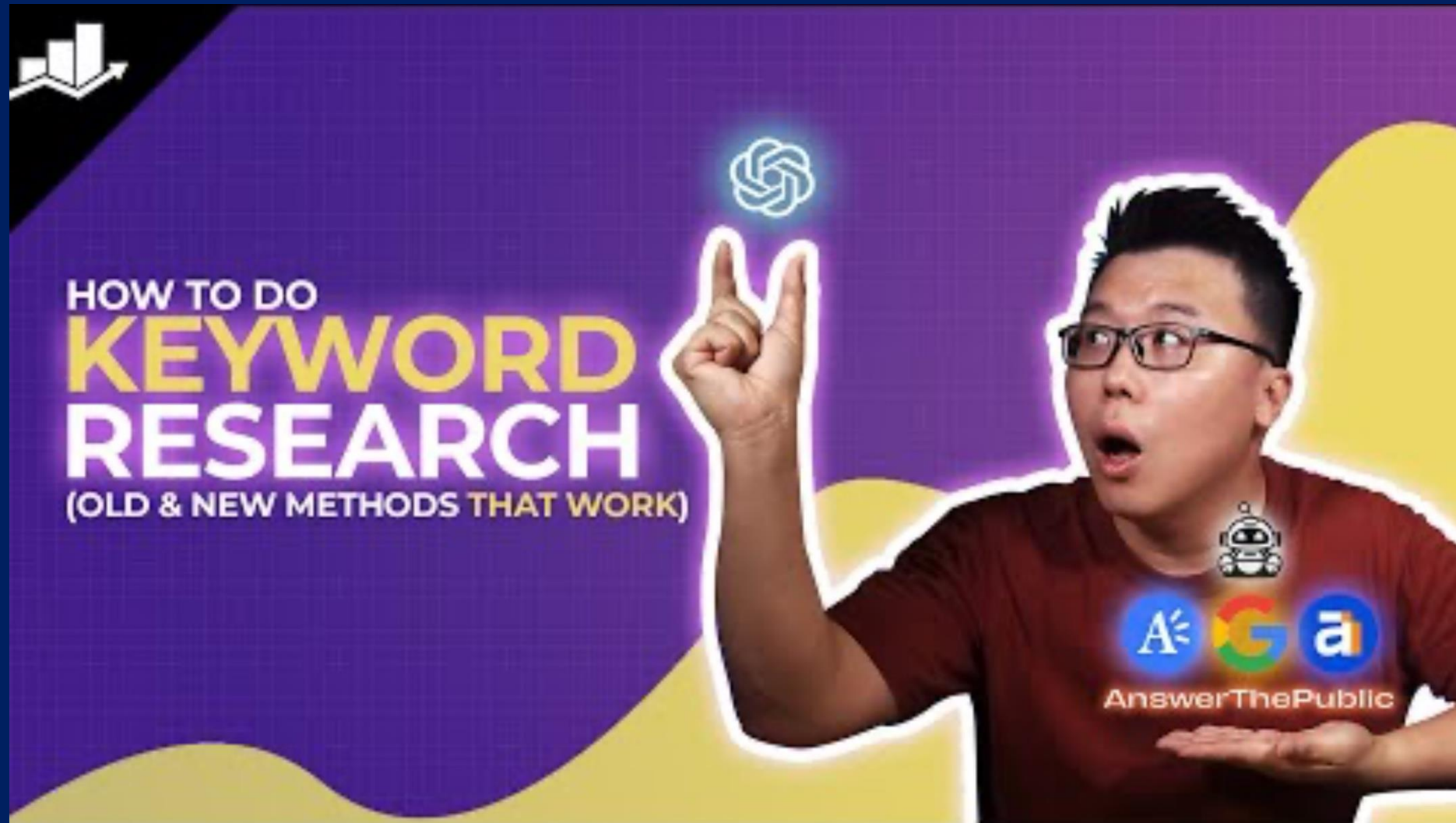
Keyword Search

Importance in Content Marketing:

3. **Audience Engagement**: By using language and terms familiar to the target audience, businesses can create a stronger connection and encourage more interactions, shares, and conversions.
4. **Measurable Performance**: Keyword research allows for setting specific, measurable goals based on keyword rankings, traffic, and conversions, enabling the evaluation and adjustment of content strategies over time.



Keyword Search



Keyword Search

Identifying Your Target Audience:

Creating audience personas is a strategic approach in content marketing and SEO that involves identifying and understanding your ideal customers to guide keyword selection and content creation.

Personas represent segments of your target audience, characterised by their specific interests, needs, behaviours, and demographic information.



Keyword Search

Identifying Your Target Audience:

Gather Audience Data

Sources: Gather data on your audience through customer surveys, social media analytics, website analytics, and customer service interactions.

Data Points: Focus on demographics (age, gender, location), psychographics (interests, values), behaviour (purchasing habits, online activities), and challenges or pain points.



Keyword Search

Identifying Your Target Audience:

Segment Your Audience

Criteria: Based on the collected data, identify patterns and commonalities to segment your audience into groups with similar characteristics or needs.

Segmentation: Create distinct personas for each significant segment, giving them names and detailed backgrounds to humanise and make them relatable.



Keyword Search

Identifying Your Target Audience:

Define Persona Goals and Challenges

Goals: Determine what each persona is trying to achieve when they search online, whether it's finding information, making a purchase, or solving a problem.

Challenges: Identify obstacles or pain points they face in achieving these goals. This will help tailor content to address these issues.



Keyword Search

Identifying Your Target Audience:

Identify Keywords for Each Persona

Research: Use keyword research tools to find terms and phrases each persona might use based on their goals, challenges, and interests.

Specificity: Look for long-tail keywords that reflect specific queries related to each persona's needs and are more likely to lead to conversions.



Keyword Search

Identifying Your Target Audience:

Map Keywords to the Buyer's Journey

Awareness Stage: Identify keywords related to the persona's challenges and questions they might have at the beginning of their journey.

Consideration Stage: Focus on keywords that reflect comparison and solution-seeking behaviour as the persona evaluates options.

Decision Stage: Target keywords indicating readiness to purchase or make a decision, including brand or product-specific terms.



Keyword Search

Identifying Your Target Audience:

Use keywords to Guide Content Creation

Content Types: Based on the keywords and their relevance to each stage of the buyer's journey, create varied content types such as blog posts, buying guides, product comparisons, testimonials, and FAQs.

Personalisation: Tailor content to speak directly to the persona, addressing their specific interests, questions, and pain points in a tone and style that resonates with them.



Keyword Search

Identifying Your Target Audience:

Continuously Refine Personas and Keywords

Feedback Loop: Use engagement metrics, keyword performance data, and customer feedback to refine personas and their associated keywords over time.

Adaptation: Respond to changes in audience behaviour, market trends, and product or service offerings to ensure that personas and keywords remain relevant.



Keyword Search



Keyword Search

Keyword Research Tools:

1. Google Keyword Planner

Strengths:

Free to Use: Integrated with Google Ads but available for free.

Reliable Data: Offers data directly from Google, including search volume and competition.

Ad Campaign Integration: Easily integrates keyword plans with Google Ads campaigns.

Weaknesses:

Primarily for Advertisers: Focused more on paid search than organic SEO.

Limited Insights: Some tools may offer less depth in keyword suggestions and trends.



Keyword Search

Keyword Research Tools:

2. SEMrush

Strengths:

Comprehensive Data: Provides detailed insights into keyword metrics, including volume, trend, keyword difficulty, and SERP features.

Competitive Analysis: Offers robust tools to analyse competitors' keyword strategies.

All-in-One Platform: Includes features for SEO, PPC, content marketing, and social media.

Weaknesses:

Cost: This can be expensive for freelancers or small businesses.

Complexity: The vast array of features can be overwhelming for beginners.



Keyword Search

Keyword Research Tools:

3. Ahrefs

Strengths:

Keyword Explorer: Offers extensive data on keyword difficulty, search volume, click metrics, and global volume.

Content Explorer: Helps find content ideas and popular topics within your niche.

Backlink Analysis: Superior backlink analysis tools to evaluate link-building opportunities.

Weaknesses:

Pricing: Similar to SEMrush, it can be pricey for smaller operations.

Learning Curve: The comprehensive suite of tools may take time to fully utilise effectively.



Keyword Search

Keyword Research Tools:

4. Moz Keyword Explorer

Strengths:

Keyword Suggestions: Provides thousands of keyword suggestions along with SERP analysis.

Priority Score: Offers a unique metric that combines search volume with opportunity and potential CTR.

User-Friendly: Intuitive interface suitable for beginners and professionals alike.

Weaknesses:

Limited Free Searches: Free version is limited to a few searches per month.

Less Comprehensive: May not offer as many keyword suggestions as SEMrush or Ahrefs.



Keyword Search

Keyword Research Tools:

5. Ubersuggest

Strengths:

Affordability: Offers a free version with valuable insights; paid plans are more affordable than some competitors.

Keyword Ideas: Generates numerous keyword ideas, including questions, prepositions, and comparisons.

SEO Difficulty Score: Provides an SEO difficulty score to help gauge the competitiveness of keywords.

The logo for Ubersuggest, featuring the word "Ubersuggest" in white text on an orange square background.

Keyword Search

Keyword Research Tools:

5. Ubersuggest

The logo for Ubersuggest, featuring the word "Ubersuggest" in white text on an orange square background.

Weaknesses:

Accuracy of Data: Some users report inconsistencies in data when compared to other tools.

Features: While improving, it might lack some of the advanced features of more established tools.



Keyword Search

Keyword Research Tools:

6. AnswerThePublic

Strengths:

Question Keywords: Excellent for discovering questions people are asking about your topic.

Visualisation: Presents data in a visually engaging way, making it easy to understand.

Content Ideas: Great for generating content ideas that directly address user queries.

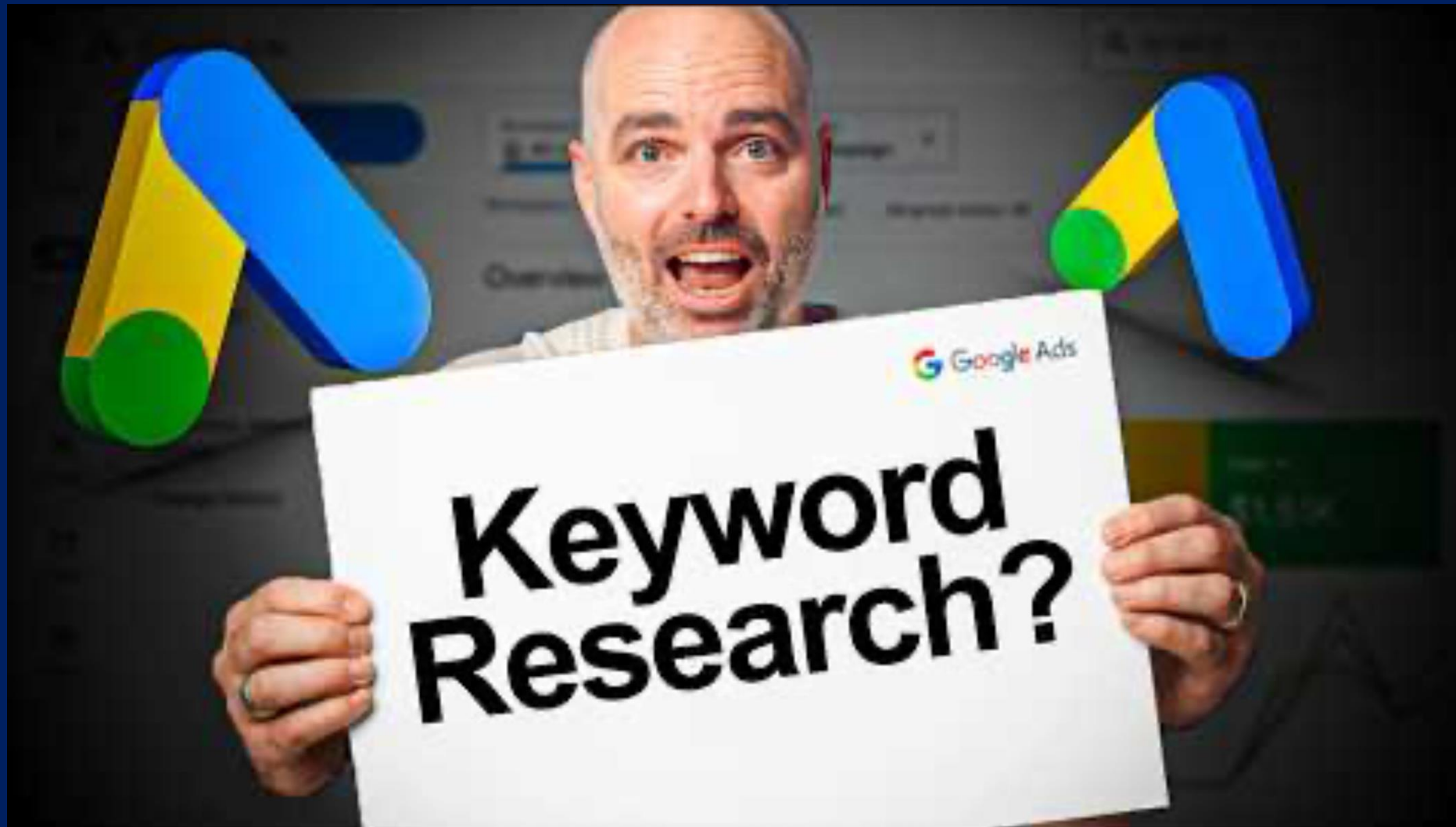
Weaknesses:

Limited Free Version: The free version has restrictions on searches.

Lacks Metrics: Does not provide search volume or trend data within the tool.



Keyword Search



Keyword Search

Analysing Keyword Metrics

Understanding key metrics such as search volume, keyword difficulty, and competition is crucial for effective SEO and content marketing strategies.



Keyword Search

Analysing Keyword Metrics

Search Volume

Definition: Search volume represents the number of searches for a specific keyword within a given timeframe, usually per month. It indicates the popularity or demand for information related to that keyword.

Importance: Higher search volume means more potential traffic to your website if you rank well for that keyword. However, high volume often comes with increased competition.



Keyword Search

Analysing Keyword Metrics

Search Volume

Example: If you run a digital marketing agency, you might find that the keyword "**SEO services**" has a high search volume, indicating a significant interest in these services.

Leveraging this insight, you could create targeted content or service pages optimised for "SEO services" to attract this interested audience.



Keyword Search

Analysing Keyword Metrics

Keyword Difficulty

Definition: Keyword difficulty (KD) is a metric that estimates how hard it would be to rank for a particular keyword in organic search results. It's often based on the strength of the current ranking pages' domain authority and other SEO factors.

Importance: Understanding KD helps prioritise keyword targets. Lower-difficulty keywords may offer quicker wins, while higher-difficulty keywords might require more resources and a longer-term strategy.



Keyword Search

Analysing Keyword Metrics

Keyword Difficulty

Example: Continuing with the digital marketing agency example, "SEO services" might have a high KD because established companies already occupy the top SERP spots. You might instead focus on a **lower KD** keyword like "local SEO services for small businesses" to find a niche with less competition.



Keyword Search

Analysing Keyword Metrics

Competition

Definition: In the context of SEO, competition refers to the number of websites attempting to rank for a particular keyword. In PPC (Pay-Per-Click) advertising, it often relates to the number of advertisers bidding on a keyword.

Importance: High-competition keywords can be challenging and expensive to rank for or bid on. Identifying keywords with lower competition can lead to cost-effective campaigns and easier ranking opportunities.



Keyword Search

Analysing Keyword Metrics

Competition

Example: Suppose you're launching a new fitness app and considering blog topics to attract visitors. The keyword "best fitness apps" might show high competition, signalling many brands are vying for that space. Instead, you might target "fitness apps for beginners at home," which could have **lower competition**, making it easier to capture a specific segment of the audience.



Keyword Search

Implementing Insights from Metrics in Real Marketing Strategies:

Long-Tail Keywords: Given the examples above, focusing on long-tail keywords (more specific, less common phrases) can be a successful strategy in both SEO and PPC.

They typically have lower search volume but also lower competition and difficulty, often resulting in higher conversion rates as they are more specific to user intent.



Keyword Search

Implementing Insights from Metrics in Real Marketing Strategies:

Content and SEO Strategy: Using the "fitness apps for beginners at home" keyword, you could develop a series of blog posts, guides, and tutorial videos tailored to beginners looking to start their fitness journey at home. Optimising these content pieces for the chosen keyword helps attract targeted traffic with a higher intent to engage or convert.



Keyword Search

Implementing Insights from Metrics in Real Marketing Strategies:

PPC Campaigns: For keywords identified with high search volume but also high competition, such as "SEO services," you might consider running PPC campaigns to gain visibility in search results.

By targeting "local SEO services for small businesses," you could potentially achieve a higher ad placement and click-through rate at a lower cost per click, given the lower competition.



Keyword Search

Intent Behind Searches:

Understanding search intent is crucial in SEO and content marketing, as it helps tailor content to meet the specific needs of users at different stages of their search journey. Search intent can generally be categorised into four main types: **navigational**, **informational**, **transactional**, and **commercial**.



Keyword Search

Intent Behind Searches:

Navigational Intent

Description: Users with navigational intent are looking for a specific website or page. They already have a destination in mind and use the search engine to get there quickly.

Example: A search for "Facebook login" indicates the user wants to find the login page for Facebook, not information about social media or Facebook features.



Keyword Search

Intent Behind Searches:

Informational Intent

Description: This is when users are seeking information. These searches are usually questions or queries about a broad topic where the user is looking for answers, tutorials, or more knowledge.

Example: Searching for "how to tie a tie" shows informational intent. The user is looking for instructions or a guide, not a place to buy a tie.



Keyword Search

Intent Behind Searches:

Transactional Intent

Description: Transactional searches are performed by users intending to complete an action or purchase. They are ready to transact or are very close to making a purchase decision.

Example: A search for "buy Nike Air Max online" is transactional. The user is specifically looking to purchase Nike Air Max shoes and is likely ready to make that transaction online.



Keyword Search

Intent Behind Searches:

Commercial Investigation

Description: Users conducting these searches usually consider a purchase and want to compare options or learn more about a product or service before deciding. It's a mix of informational and transactional intents.

Example: Searching for "best DSLR cameras 2024" shows commercial investigation intent. The user is in the market for a DSLR camera but wants to compare options and read reviews before making a purchase decision.



Keyword Search

Content Strategy:

Navigational Intent:

Optimise for brand-specific keywords and ensure your website's homepage, login pages, and other key navigational pages are easily accessible and well-indexed by search engines.



Keyword Search

Content Strategy:

Transactional Intent:

Ensure product pages are optimised for search engines with clear, keyword-rich product descriptions, high-quality images, and easy navigation to the purchase or sign-up process.

Use strong calls to action (CTAs) and highlight unique selling points.



Keyword Search

Content Strategy:

Informational Intent:

Create detailed blog posts, guides, FAQs, and tutorial videos that provide valuable answers and information.

Use question-based keywords and long-tail phrases that match common queries.



Keyword Search

Content Strategy:

Transactional Intent:

Ensure product pages are optimised for search engines with clear, keyword-rich product descriptions, high-quality images, and easy navigation to the purchase or sign-up process.

Use strong calls to action (CTAs) and highlight unique selling points.



Keyword Search

Content Strategy:

Commercial Investigation:

Develop content that compares products, showcases reviews and testimonials, and highlights the benefits of your offerings over competitors. Use keywords that reflect comparison and research behaviour.



Keyword Search

Group Task: Keyword Research Exercise (60 minutes)

Each group will research one of the following:

1. Fitness tracker for beginners
2. Vegan meal delivery services
3. Online coding courses
4. Electric scooters for city commuting
5. Organic skincare products
6. Smart home security systems
7. Mental health and meditation apps
8. Sustainable fashion online stores
9. Language learning mobile apps



Keyword Search

Group Task: Keyword Research Exercise (60 minutes)

Identify **5-7 potential keywords** and Categorise into:

- 1.Short-tail keywords
- 2.Long-tail keywords
- 3.Local keywords



Keyword Search

Competitor Keyword Analysis

Assessing competitors' keywords is a strategic approach in SEO that allows you to understand industry trends, identify gaps in your own content strategy, and uncover overlooked opportunities. By analysing the keywords for which your competitors rank, you can gain insights into the content themes and specific terms that attract traffic to their sites.



Keyword Search

Competitor Keyword Analysis

SEMrush

How to Use: SEMrush offers a comprehensive competitor analysis feature where you can enter a competitor's domain to see their organic search positions, including the keywords they rank for, their position in search results, search volume, and more.

Example: Suppose you run an online fitness equipment store. By entering a competitor's domain in SEMrush, you might discover they rank highly for “home workout equipment for small spaces,” a niche you’ve overlooked. This insight can prompt you to create and optimise content for similar keywords.



Keyword Search

Competitor Keyword Analysis

Ahrefs

How to Use: Ahrefs' Site Explorer allows you to analyse a competitor's website to see their top-ranking pages and the keywords driving traffic to those pages. The Content Gap feature can also show keywords your competitors rank for, but your site does not.

Example: For a meal delivery service, Ahrefs might reveal that competitors successfully target keywords related to “healthy meal plans for weight loss.” If your service also offers diet-specific meal plans, this discovery could lead you to create content or product offerings around this theme.



Keyword Search

Competitor Keyword Analysis

Moz Keyword Explorer

How to Use: Moz's Keyword Explorer can be used for competitor keyword research. It analyses the SERP features and top-ranking pages for specific keywords you're interested in, providing insights into the difficulty and opportunity associated with these keywords.

Example: If you manage a travel blog, Moz could help you identify competitors targeting "budget travel destinations in Europe." This could encourage you to produce similar content, perhaps with a unique angle or updated information.



Keyword Search

Competitor Keyword Analysis

SpyFu

How to Use: SpyFu specialises in competitor keyword research, allowing you to see every keyword your competitors have bought on Google Ads, every organic rank, and every ad variation in the last 14 years.

Example: For a digital marketing agency, SpyFu could uncover that competitors are focusing heavily on “PPC management tools” as a keyword, suggesting a demand for content around this topic. You might then decide to create a comprehensive guide or review on PPC tools.



Keyword Search

Competitor Keyword Analysis

BuzzSumo

How to Use: While BuzzSumo is primarily used for content discovery and social media analysis, it can indirectly inform you about competitors' successful content, which you can then analyse for keywords using other tools.

Example: Running a boutique fashion brand, you use BuzzSumo to find that a competitor's article on "sustainable fashion trends 2024" received high engagement. This prompts you to conduct further keyword research around sustainable fashion, aiming to create similarly impactful content.



Keyword Search

Implementing Insights into Strategy:

Implement your findings after identifying valuable keywords and content gaps through competitor analysis.

Developing Content: Create high-quality, SEO-optimized content that addresses the discovered keywords and topics.



Keyword Search

Implementing Insights into Strategy:

Monitoring Performance: Use analytics to monitor the performance of your new content in terms of rankings, traffic, and engagement, and adjust your strategy as needed.

Continuous Research: Regularly repeat competitor keyword analysis to stay ahead of industry trends and adapt to changing consumer interests.



Keyword Search

Keyword Organization and Strategy:

Organising keywords by relevance, intent, and topic is a strategic approach in content planning that ensures your content aligns with what your target audience is searching for and their stage in the customer journey. This structured planning helps create a content roadmap that addresses your audience's needs, improves SEO, and drives engagement.



Keyword Search

Keyword Organization and Strategy:

By Relevance

Approach: Start with broad keyword research to identify terms closely related to your business, products, or services. Then, narrow down the list to those most relevant to your specific offerings and audience.

Example: For a boutique coffee shop, initial keywords might include "coffee," "espresso," "coffee brewing methods." The most relevant to their specialty might be "single-origin coffee" and "artisan espresso."



Keyword Search

Keyword Organization and Strategy:

By Intent

Organise keywords based on the type of intent they represent: informational, navigational, transactional, and commercial investigation.

Informational Intent: Users looking for information.

Example: "How to brew pour-over coffee" could inspire blog posts or tutorials.

Navigational Intent: Users searching for a specific website or page.

Example: "Boutique Coffee Shop menu" or "Boutique Coffee Shop locations" might indicate the need for easily accessible menu and location pages.



Keyword Search

Keyword Organization and Strategy:

By Intent

Transactional Intent: Users ready to make a purchase.

Example: "Buy speciality coffee beans online" suggests optimising product pages for speciality beans.

Commercial Investigation: Users compare products or services before making a decision.

Example: "Best coffee beans for espresso" indicates an opportunity for comparison content or buyer's guides.



Keyword Search

Keyword Organization and Strategy:

By Topic

Approach: Group keywords into thematic buckets related to different aspects of your business or industry. This helps in creating comprehensive content that covers various facets of a topic.

Example: For a sustainable living blog, topics might include "sustainable home products," "eco-friendly transportation," and "organic food." Keywords like "biodegradable cleaning products," "electric bicycles," and "benefits of organic milk" can be categorized under these respective topics for targeted content pieces.



Keyword Search

Keyword Organization and Strategy:

Implementing Content Planning

Content Calendar: Use the organised keywords to plan a content calendar that systematically covers topics across all stages of intent and relevance.

Content Types: Decide the best content type for each keyword or topic.

Informational-intent keywords lead to blog posts or guides, while transactional-intent keywords best serve product pages or promotional content.



Keyword Search

Keyword Organization and Strategy:

Implementing Content Planning

SEO Optimization: Ensure each piece of content is optimised for the target keywords, including in the title, headers, body, meta description, and URLs where applicable.

Monitoring: After publishing, monitor the performance of your content in terms of rankings, traffic, and engagement. Use these insights to refine your keyword strategy and content plan over time.



Keyword Search

Keyword Organization and Strategy: **Case Study**

Sustainable Living Blog

Informational: Create an in-depth guide on "How to reduce waste at home", targeting users looking to start their sustainable living journey.

Navigational: Ensure there's a clear and informative "About Us" page for searches on the "About Sustainable Living Blog."



Keyword Search

Keyword Organization and Strategy: **Case Study**

Sustainable Living Blog

Transactional: For "Buy eco-friendly kitchen products," have a review post with affiliate links to recommended products.

Commercial Investigation: Write a comparison article titled "Top 10 eco-friendly transportation methods in 2024" for those looking into sustainable travel options.



Keyword Search

A promotional graphic for SEM Rush. It features a man with a surprised expression, hands on his head, against a background of red and blue geometric shapes. The text '+460% Organic Traffic Increase' is prominently displayed in white. Below it, 'SEO Case Study' is written in a smaller font. The SEM RUSH logo is on the right side.

+460%
Organic Traffic
Increase

SEO
Case Study

SEM RUSH

Keyword Search

Integrating Keywords into Content:

Balancing keyword optimisation with natural language and readability is essential for creating content that ranks well in search engines and resonates with readers.

Over-optimization can lead to keyword stuffing, making content difficult to read and potentially penalising your site's search rankings.



Keyword Search

Integrating Keywords into Content:

Use Keywords Contextually

Approach: Integrate keywords naturally into your content as part of valuable information or storytelling. Avoid forcing them where they don't fit.

Example: If targeting "vegan protein sources" for a health and wellness blog, introduce the keyword in a natural sentence: "Many people wonder about vegan protein sources, especially when transitioning to a plant-based diet. Here are the top options to consider."



Keyword Search

Integrating Keywords into Content:

Focus on User Intent

Approach: Understand the intent behind the search query and address it directly in your content. This allows you to use keywords meaningfully rather than repetitively.

Example: For "beginner yoga poses," instead of repeatedly stuffing the keyword, explain the concept: "Starting your yoga journey can be exciting yet intimidating. Let's explore some beginner yoga poses that can ease you into your practice."



Keyword Search

Integrating Keywords into Content:

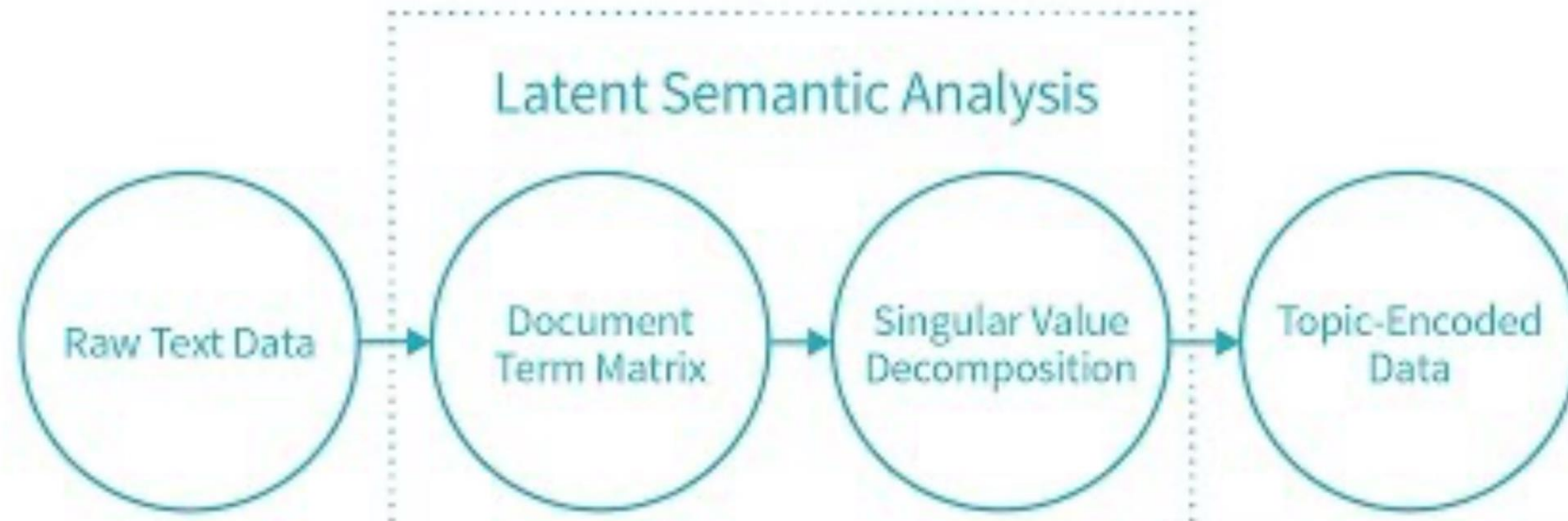
Utilise LSI Keywords

Approach: Latent Semantic Indexing (LSI) keywords are thematically related terms that search engines use to better understand content. Incorporating these can improve SEO while keeping language natural.

Example: In content about "natural skincare remedies," LSI keywords could include "organic face masks," "essential oils for skin," and "homemade exfoliating scrubs." Use these variations to enrich your content without overusing the main keyword.



Keyword Search



Keyword Search

Integrating Keywords into Content:

Leverage Synonyms and Variations

Approach: Use synonyms and different phrasings of your main keyword to avoid repetition and enhance readability while still capturing search traffic for similar queries.

Example: If your main keyword is "interior design tips," synonyms and variations might include "home decorating advice," "styling your space," or "essentials of room decoration."



Keyword Search

Integrating Keywords into Content:

Optimise Meta Descriptions and Titles

Approach: While using keywords in meta descriptions and titles is important, ensure they are also engaging and informative for readers. This is your chance to encourage clicks from the search results.

Example: For a page targeting "sustainable gardening practices," a meta title could be "10 Sustainable Gardening Practices for a Greener Thumb" with a meta description that invites curiosity: "Discover how sustainable gardening can transform your outdoor space into an eco-friendly oasis."



Keyword Search

Integrating Keywords into Content:

Readable Content Structure

Approach: Break up your content with headers, bullet points, and images. Use keywords in headers to improve SEO without affecting the natural flow of the article.

Example: In a guide about "budget travel destinations," use headings like "Affordable Accommodations in Budget Travel Destinations" and bullet points for each destination, integrating keywords seamlessly and improving readability.



Keyword Search

Integrating Keywords into Content:

Write for Your Audience First

Approach: Always prioritise your audience's needs and interests. Write engaging, informative content that addresses their questions or solves their problems, using keywords as part of your communication rather than the focus.

Example: Crafting a blog post on "nutrient-dense foods," start with a compelling introduction about the importance of nutrition, weave in personal anecdotes or case studies, and list foods with descriptions that naturally include your keywords and related terms.



Keyword Search



Keyword Search

Class Exercise: 60 MIN

Write a 200-Word Blog with Pre-Selected Keywords for SEO

Choose **one of the following topics** and write a 200-word blog.

You must include **all the given keywords** in your blog at least once.

Ensure the content flows naturally while maintaining SEO-friendly language.



Keyword Search

Class Exercise: 60 MIN Write a 200-Word Blog

Topic: Sustainable Tourism in Malta

Keywords to include:

eco-friendly destinations

sustainable travel

cultural heritage

Maltese islands

Hint: Highlight Malta's potential as a leader in eco-friendly tourism while preserving its cultural identity. You may discuss green practices, eco-hotels, or nature conservation.



Keyword Search

Class Exercise: 60 MIN Write a 200-Word Blog

Topic: The Benefits of Digital Marketing for Startups

Keywords to include:

digital marketing strategies

online visibility

content creation

startup growth

Hint: Discuss why startups need digital marketing, focusing on tactics that drive growth, such as social media marketing or SEO-based content strategies.



Keyword Search

Class Exercise: 60 MIN Write a 200-Word Blog

Topic: The Importance of Mental Health Awareness in Schools

Keywords to include:

mental health support

school well-being programmes

student anxiety

mindfulness exercises

Hint: Explore the growing need for mental health resources in schools. Discuss how support systems help students handle academic pressure and personal challenges.



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THANK YOU FOR TODAY



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