

Avoiding the Academic Stress Trap:
How parents can foster student well-being and engagement

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WORKSHOP GOALS

- **Understand the roots and effects of achievement pressure and academic stress**
- **Gain tools for positive parent-child relationships and healthy adolescent development**

GOALS FOR YOUR CHILD

What are your top 5 goals for your child in school?

How do you think your goals compare to your child's goals?

Findings in Suburban Communities*

- Rates of depression, anxiety, and substance use can be up to 3x greater in suburban communities
- Suburban youth use drugs and alcohol to self-medicate
- Students at suburban schools report that nearly 100% of students in their school cheat.
- Suburban youth report having little time for leisure or relaxation
- 1 in 4 high school students in suburban Bay Area schools knows someone who has used Adderall (a prescription stimulant)

* These data are derived from a variety of sources including work by Dr. Suniya Luthar, Dr. Niobe Way, the Stressed-Out Students research team at Stanford, and a recent article in *San Francisco Magazine*

Parent-Child Relationships

- **Positive parent-child relationships are the most fundamental relationships to student well-being.**
- **Students in suburban and affluent communities are less likely than students of any other SES to report feeling very close to their parents.**

Fostering your child's health and engagement

Draw a circle. Show how your child spends his/her time on a typical week day.

Draw another circle. Show how you spend your time on a typical week day.

Fostering Health and Engagement

- **We must model in our own lives!**
- **Have a conversation about goals and how time is spent**
 - **Focus on whole child development**
 - **Academics**
 - **Social development**
 - **Physical development**
 - **Psychological and Emotional development**

Be cautious of over-scheduling – Be the parent!!

Fostering Health and Engagement

■ Academic Goals

- Support intrinsic and learning-oriented goals over extrinsic goals

■ Support their autonomy

- Give your child the opportunity to make his/her own choices
- Give your child the opportunity to voice his/her opinion – Listen!
- Allow your child's opinion to be viewed as a valid opinion

■ Reward their effort

Fostering Health and Engagement

- **Support risk-taking and challenge**
 - Allow your child to fail
 - *If school is not challenging:*
 - find venues for challenge
 - help your child create challenge in assignments
 - approach teachers or the school (in a respectful way)
 - *If your child is a perfectionist:*
 - assess your goals/messages
 - try to get to the root
 - find venues for failure

Website

<http://sosconference.stanford.edu>