First Last Name

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English II

15 March 2019

Stress in Education

“11 Common Causes of School Stress For Students.” *Oxford Learning*, 17 May 2018, [www.oxfordlearning.com/causes-of-school-stress/](http://www.oxfordlearning.com/causes-of-school-stress/).

In this article, there is a list of 11 reasons that students can be stressed in school. This list includes reasons like upcoming tests, too much homework, lack of organization, too little “down time”, poor sleep schedule, participating in class, lack of support, transitioning to a new environment, classes that are too hard, and changes to routine. These reasons for kids being stressed in school are all hurtful and can make lasting damage to them if not done correctly. There are also ways for parents to help their kid by helping them set a balanced schedule and helping them with their homework. For some kids, it is difficult to participate in class so parents or teachers might help the student become more confident in themselves by talking to them and finding another way to participate in class.

Gnawali, Shiba Datta. “Academic Stress at Schools: Causes and Management.” *The Himalayan Times*, 8 Dec. 2017, thehimalayantimes.com/opinion/academic-stress-schools-causes-management/.

This article explains the causes and management of stress in education. Children may not be stressed out by the workload but by the way they carry it. Parents are able to help children shoulder that burden but their kid needs to be able to trust them enough to let them in on the things that happen at school or with their homework. Many students can reduce stress just by managing their time wisely but once you’re set in a routine, it can be hard to break. Students are also not robots so if given too much of a workload, they can snap and become stressed to a point where it isn’t healthy for them. Parents and teachers can also guide their kids and students by praising them and helping them achieve accomplishments and achieve their academic dreams.

Winerman, Lea. “By the Numbers: Stress on Campus.” *Monitor on Psychology*, American Psychological Association, Sept. 2017, [www.apa.org/monitor/2017/09/numbers](http://www.apa.org/monitor/2017/09/numbers).

In this article, it says that many college and university counseling centers are seeing a raise in the amount of students seeking help or advice. 30% more students are seeking help from counselors at their college or university counseling centers. 61% of all college students who report that they have anxiety about school and the problems it creates with their private life. For every 1,737 students, there is only one counselor at colleges and universities. Many smaller institutions have smaller ratios and larger institutions have larger ratios. 56% of counseling center directors say that their professional identity is phycology. This means that they don’t specify in certain areas making counseling just a general help instead of targeting the problem that students as an individual, may have.