

## UNIT 4: Maintaining the Momentum: Avoiding the Senior Slump

### ACTIVITY 2: Managing Stress

GRADE: 12



**Note:** In today's advisory students will choose which article they would like to read on students' stress. Schools with 1:1 technology can provide electronic copies to students to read, while others will need to make paper copies.

**Learning Target:** The students will analyze the stress they are experiencing as high school seniors and generate ideas about how to cope with it.

#### Resources Needed for this Activity:

- PowerPoint [12\_U4\_A2\_PP\_Managing Stress]
- Website article: "So We Know Students Are Stressed Out . . . Now Let's Talk About It."  
<http://www.npr.org/sections/ed/2016/05/12/474083552/so-we-know-students-are-stressed-out-now-lets-talk-about-it>
- Website article: "Why Our Kids Don't Need Any More Hoops to Jump Through."  
<http://www.huffingtonpost.com/kristen-lee-costa/why-our-kids-dont-need-an-b-8506606.html>
- Website article: "4 Ideas to Help Students Navigate Their Anxiety."  
<http://www.huffingtonpost.com/tim-elmore/four-ideas-to-help-studen-b-4986094.html>
- Website article: "How to Turn College Rejection into a Lucky Break." Available at:  
<http://www.startribune.com/rosenblum-how-to-turn-college-rejection-into-a-lucky-break/419429794/>

**Opening: 1 minute** – Slides 2: The advisor tells students that today they will be talking about the stress that many senior tend to feel, as well as how to deal with it in healthy ways.

Slides 3 - 4: The advisor begins by stating that recent studies have indicated that kids in the U.S. typically deal with a lot of stress in their lives. For high school seniors, that stress may be exacerbated by the anxiety of being close to adulthood, the realities of leaving home soon, the worries over finances, and the constant barrage of questions about what they will be doing next year. High school seniors likely get asked a lot of questions about where they are going to school, why they are going to school, and how come they are not doing X, Y, and Z instead.

**Activity: 28 minutes** – Slide 5: The advisor tells students that today they will have an opportunity to choose an article of interest to read about students' stress and to discuss it with others who choose to read the same article.

Slide 6: The website articles from which to choose include the following:

- Website article: "So We Know Students Are Stressed Out . . . Now Let's Talk About It."  
<http://www.npr.org/sections/ed/2016/05/12/474083552/so-we-know-students-are-stressed-out-now-lets-talk-about-it>
- Website article: "Why Our Kids Don't Need Any More Hoops to Jump Through."  
<http://www.huffingtonpost.com/kristen-lee-costa/why-our-kids-dont-need-an-b-8506606.html>
- Website article: "4 Ideas to Help Students Navigate Their Anxiety."  
<http://www.huffingtonpost.com/tim-elmore/four-ideas-to-help-studen-b-4986094.html>
- Website article: "How to Turn College Rejection into a Lucky Break." Available at:  
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Slide 7: After students have read their chosen article, the advisor asks students to move to different corners of the room to share dialogue with others who read the same article.

Once students have moved, the advisor asks each group to reflect on what they read by answering the following questions:

- 1) What are the main points the author makes in the article about students' stress?
- 2) What kind of suggestions does the author make to help students deal with their stress in a healthy way?
- 3) Did anything in the article resonate with you personally? If so, what did?
- 4) What recommendations would you have for younger high school students to make their senior years less stressful? Why?

Slide 8: The advisor asks students to return to the whole group and share stress-reduction ideas that were presented in the articles or in the small group dialogue.

**Closure: 1 minute** – Slide 9: The advisor reminds students that if they are feeling stressed, there is help available to them at school. Teachers and counselors can and want to help!