

STUDENTS WITH STRESS

A study of how the American education system is handling the stress epidemic among children in school



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INTRODUCTION



It is estimated 8 million deaths a year attributed to mental health disorders. (Walker, McGee, Druss, 2015) It is suspected adolescents have a higher amount of stress in today's adolescents, we will summarize our latest findings on how it affects our mental health into adulthood and if early childhood prevention can reduce these effects.

PURPOSE OF OUR RESEARCH

#1 Finding efficient and effective stress management techniques



The American Psychological Association found that adolescents have reported the worst mental health and higher levels of stress, anxiety, and depression (55%) than any other age group (26%).

#2 Reduce number of adults that suffer from mental illness as a result of poor stress management



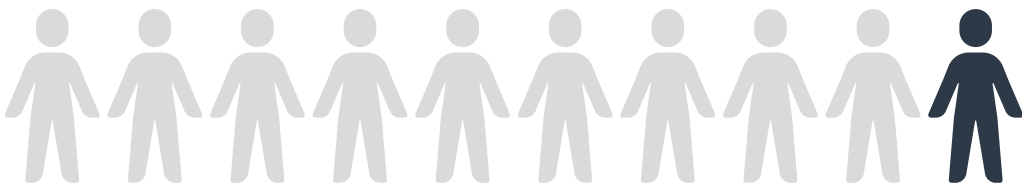
Adolescents and their surging hormones make the brain overly sensitive to stress. High levels of stress cause damage to the brain that can have lasting effects well into adulthood.

#3 Normalize mental health for adolescents

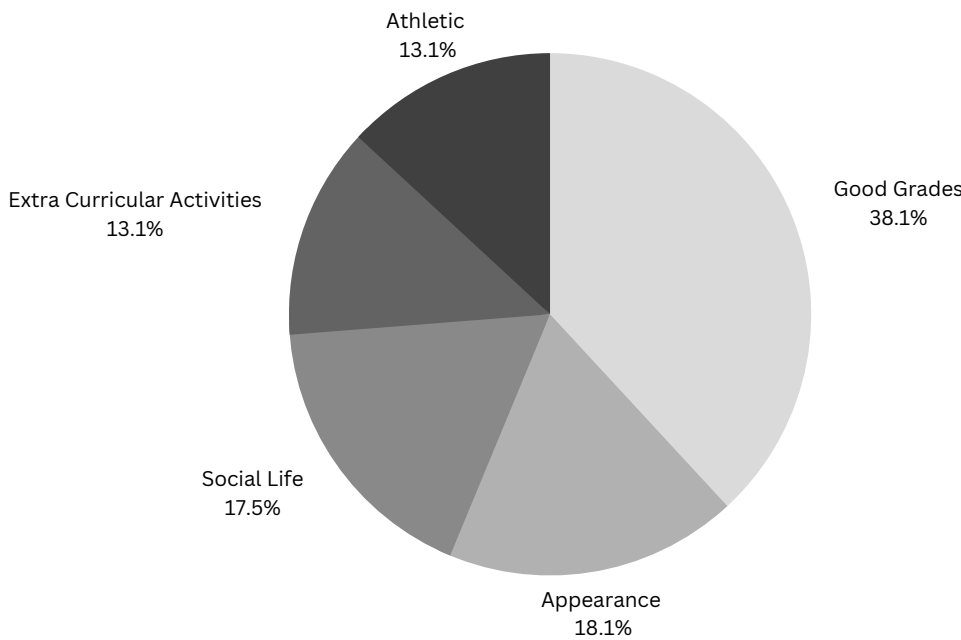


According to JAMA Pediatrics, 46–53% of Washington state students alone suffer from mental illness and stress, but are not receiving mental healthcare.

SUMMARY OF OUR FINDINGS



9 out of 10 students were affected by school closures in March due to the coronavirus



Factors that contribute to children's stress

COVID-19 Pandemic playing a role in contributing to student's stress

There was an increase in student stress in 2020 due to COVID-19. Students went from going to school every day and being around other students to being home and having to do online school. This caused students to feel isolated, stressed, and that they didn't know how to cope.

Teachers are utilizing their resources to help reduce stress levels

Several teachers are taking on an approach to improve their mental health and help students cope with their stress. This allows for students to be able to have support at school and be able to improve their mental health,

There are multiple factors that contribute to a student's stress levels

Not only can stress come from academic pressures but it can also come from issues that children are facing at home, and issues they are dealing with in social situations.

Managing stress will look different depending on the age of the child

Elementary and middle school students see a reduction in stress when they have a strategy in place, exercise regularly, work on organizational skills, and can be open and honest with life issues. High school students require regular exercise routines including relaxing the mind, support from groups, and effectively scheduling tasks.

Improving the framework would allow for more accurate findings

There are a considerable number of contributing factors regarding the status of mental health in adulthood. Improving the framework would develop a more regulated reporting system

Cognitive behavioral therapy is effective for the treatment

Especially in early childhood, children benefitted significantly with the implementation of cognitive behavioral therapy.

Adolescent minds are like sponges

They soak up everything, but they are also the least prepared. Between surging hormones, which make emotions harder to control, and the influences of the world, Washington State students are facing more stress than ever.

Mental illness can be defined as "health conditions involving changes in emotion, thinking or behavior"

Adolescents (children between the ages 10-19 years old) tend to have a harder time managing healthy stress levels since they perceive dangerous situations more extremely than adults do.

CURRENT STATUS & ASSESSMENT OF OUR PROJECT

01

Beginning

Started with two topic ideas and after much discussion condensed them into one.

02

Completed

Our proposal is aimed at showing our sources to support our claim. The proposal also allowed us to layout multiple items such as the scope, key terms, qualifications, and plan of work. We have also found three credible sources each that research the question and sub questions.

03

How Well

We have each gathered sources needed to back up our claim for our mental health education program. We have also been able to problem solve throughout the group process and bring multiple perspectives.

04

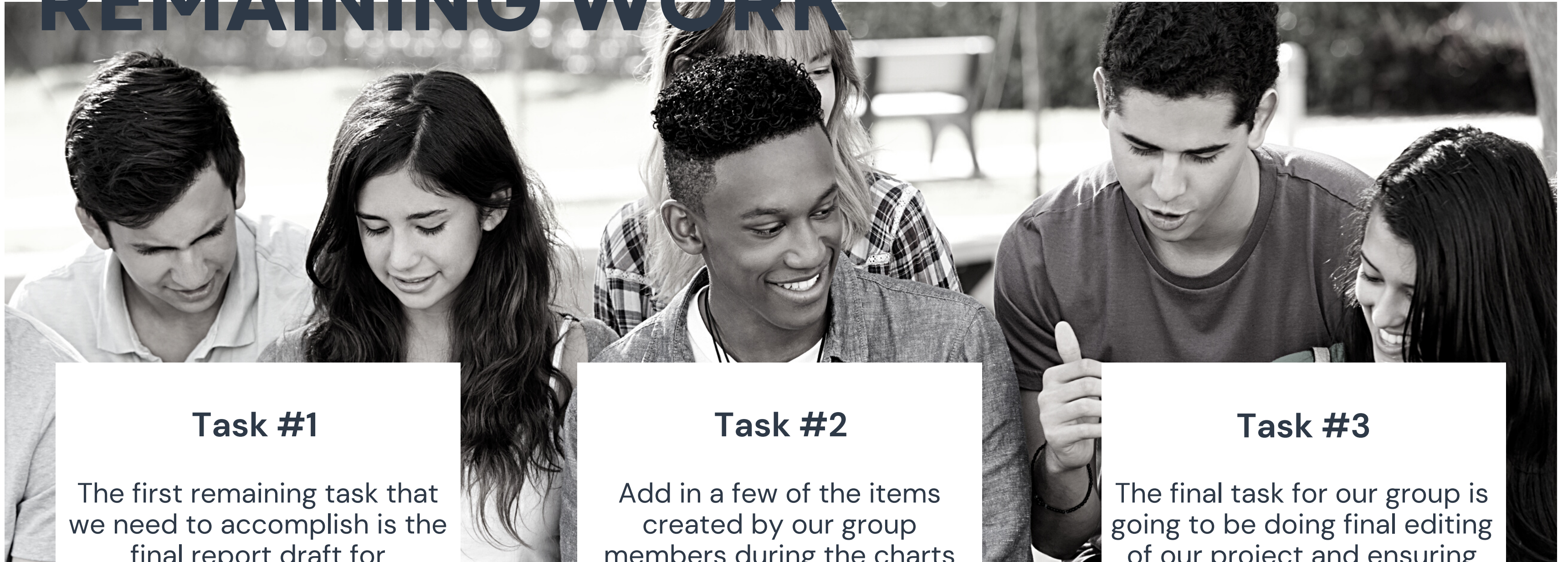
Final Project

We will need to ensure that the entire group agrees and that we have the same understanding so that we are on track to finishing the final project within the timeline that we set.

THE PROBLEMS AND OBSTACLES

PROBLEM/OBSTACLE	PROBLEMS WE ARE SOLVING OR OBSTACLES WE ARE FACING IN OUR RESEARCH	SUPPORT WE NEED TO ADDRESS THE ISSUES	HOW WILL SOLVING THE ISSUE IMPROVE OUR RESEARCH	SOLUTIONS WE HAVE FOUND THAT HAVE SATISFIED THE PROBLEMS OR OBSTACLES
	Educators are also feeling the effects of stress from "taxing conditions like overcrowded classrooms, long hours, crushing workloads that they often tote home, and the expectation that they meet the emotional and physical needs of all of their students." (Gonser 2021)	In order for our program to be effectively implemented we need to help educators reduce the amount of stress they are facing.	By improving the overall health and happiness of teachers, we will be able to better draft a proposal for how educators will be teaching stress-reducing education programs in their classrooms.	Teachers have their own coping mechanisms in order to manage their work-related stress. A few solutions we propose are, schedule time to respond to your stress, establish realistic goals, contact colleagues for help, and prioritize your health, sleep and your life outside of work.
PROBLEM/OBSTACLE	The cost of implementing a new mental health education program in schools will be very costly and not all schools across the country can afford to pay the amount that is required.	In order to ensure that all schools can adapt an effective program we need to have the funding to provide free resource and trainings to teachers as well as have the budget to pay teachers to learn the material.	By solving the issue, our program will be easily accessible by districts in all areas of our countries. Under privileged communities that need the most support are those that will gain the most from a free to low-cost program.	While a "school psychologist is (on average is) \$77,430," (Griffith, 2018) a year, it is a lot cheaper today to create a mental-health education program especially with the "grant programs to increase access to mental health services for students and young people," (Press Office, 2022) that the DOE has created.

REMAINING WORK



Task #1

The first remaining task that we need to accomplish is the final report draft for instructor feedback. The goal for our team in this task is to have a product that is as close to the final product we will turn in as possible.

Task #2

Add in a few of the items created by our group members during the charts and graphs assignment to our document to add in some information to help our audience easily understand our project.

Task #3

The final task for our group is going to be doing final editing of our project and ensuring that we meet all of the metrics of the assignment as well as ensuring that any mistakes from the instructor feedback are corrected.

TASK SCHEDULE

Currently we have been sticking to our task schedule and completing all assignments on time. We did have some miscommunication with the previous assignment, however we were able to resolve it and ensure the deadline was met.



Team Charter

Team Objective, Team Roles & Responsibilities, Team Purpose, Team Goals, Major Milestones, Risks Associated, Benchmark Deadlines, Team Deliverables , Team Efforts Impact on the Company, Available Resources, Decisions, Measurable Success, Ground Rules, Coping Strategies

Plan of Work

Direct Business Writing Opening Paragraph, Research Question & Sub-Questions , Problems, Objectives, Background, Sources of Information, Benefits, Scope, Organization, Key terms, Plan of Work, Qualifications, Budget, Project Schedule, Task Appendix

We will also be conducting all of our research and interviews at this time.

Progress Report

Purpose, Summary, Introduction, Results of Research, Current Status, Assessment of Current Progress, Remaining Work, Problems & Barriers to Complete Project with Possible Solutions, Updated Schedule, Conclusion

Draft for Final Report with Feedback

Introduction and Research Methods

In this section we will be reviewing which solutions we will be proposing to the board to create our stress-reducing program for educators.

Peer Review Exercise

We will be turning in a copy of our final report to be reviewed by the instructor to ensure that the final draft includes all the components necessary. We will also be notating all errors that we found in our rough draft.

Charts & Graphs

Table, Chart, Graph

Using our best sources, we will gather data to support our report and back our research proposal for our program.

Team Evaluation Memo

Evaluation Memo, Reflect on Self-Contributions, Self-Reflective Grade and Justification, Letter Grade for Each Team Member with Justifications, Contributions, Team Member Evaluation Form

Final Report

Letter of Transmittal, Cover Page, Title Page, Abstract, Table of Contents
List of Illustrations, Executive Summary, Purpose of Document, Summary of Report's, Main Sections, Introduction, Summary of the Report, Purpose of the Report, Background, Sources of Information, Scope, Most Significant Findings, Recommendations, Organization of the Document, Key Terms, Research Methods, Exact Tasks Performed, Rational, Results - Primary Results & Secondary Results, Limitations of Study (Optional), Analysis, Relationships Between Information, Trends, Anomalies (Optional), Conclusion, Recommendations, Steps to Take and Implementation Process, Works Cited, Appendices

CONCLUSION

As stated in previous slides, the assignment is on track to be submitted by the assigned dates. We are finding evidence that supports our claim and a need to provide early childhood interventions. The main problem we are facing is the cost of implementation to the programs, however solutions are in the works such as grants and other viable avenues.

I do not foresee any major complications that will prevent us from turning in our project on time or even a few days early if all goes well. Despite our differences in characters, each of us was able to complete our parts and submit our assignments the day or earlier than planned before the due date. In general, we are discovering the importance of mental health and how vital it is to treat to reduce the risk of mental health problems in adulthood. Full details of this will be shown in our final report.

Thank You for Your Time &
Contributions!

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