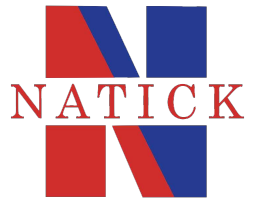


Natick High School School Committee Presentation May 22, 2017



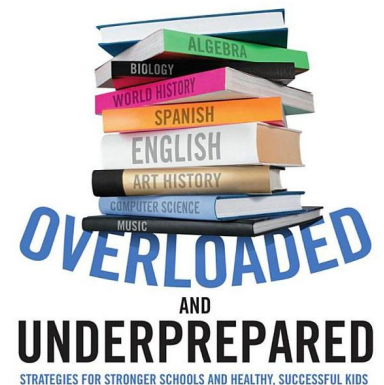


How Do We Reduce Student Stress?

- Organized and ran a stress table at the Wellness Fair
- Read *Overloaded and Underprepared* and discussed in class
- Read a variety of articles on homework and student stress
- Led focus groups with students
- Survey of students (NHS and MetroWest)



DENISE POPE, MAUREEN BROWN, AND SARAH MILES



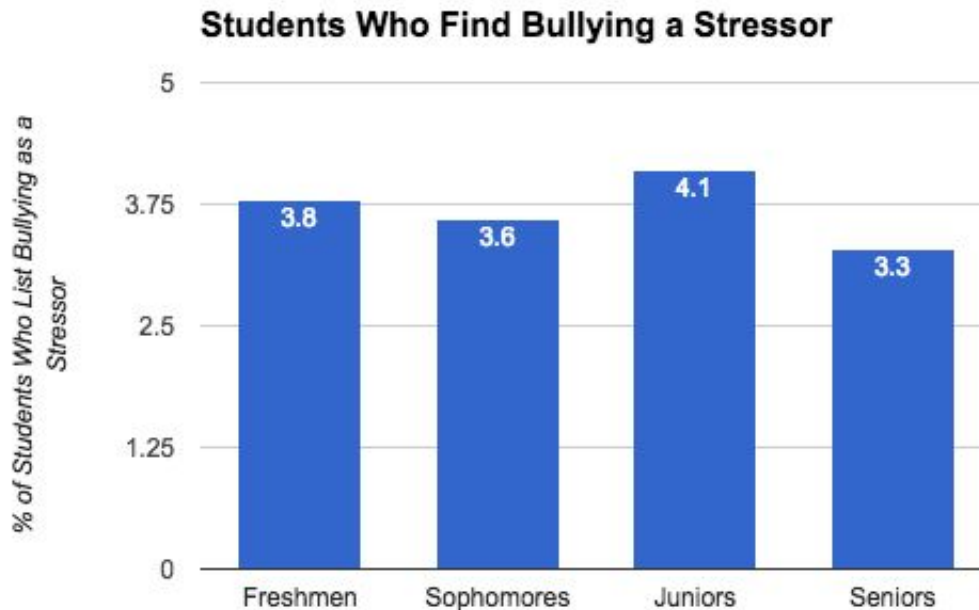
Sources of stress

- Social Stress
 - Bullying
 - Social Media
 - Transitions
- Outside Stress
 - Extracurricular Activities
 - Standardized Testing
 - College Process
- Assessments
 - Grades
 - Projects and Tests
 - Academic Integrity
- Homework
 - Volume of HW
 - Value of HW
 - Time Management

- Bullying
- Social Media
- Transitions from grade to grade

NATICK BULLYING

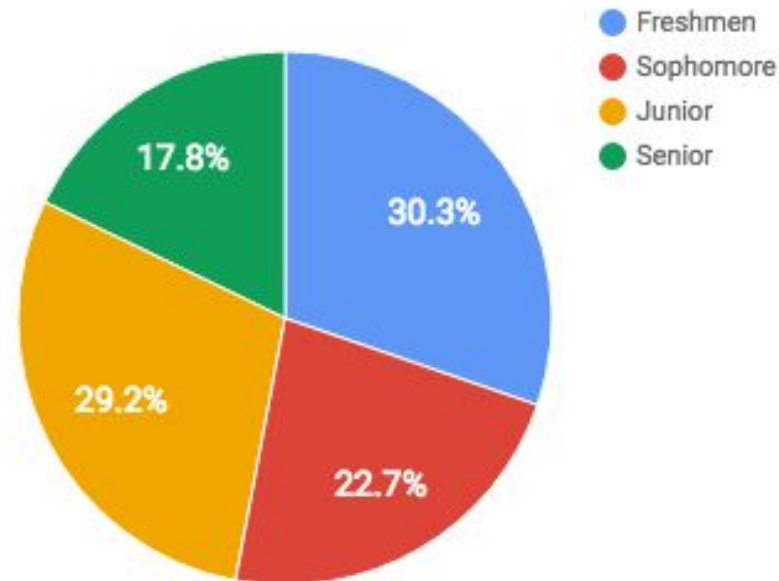
- Has decreased overall in the school
- Not very prominent
 - The numbers are small, but the impact is huge



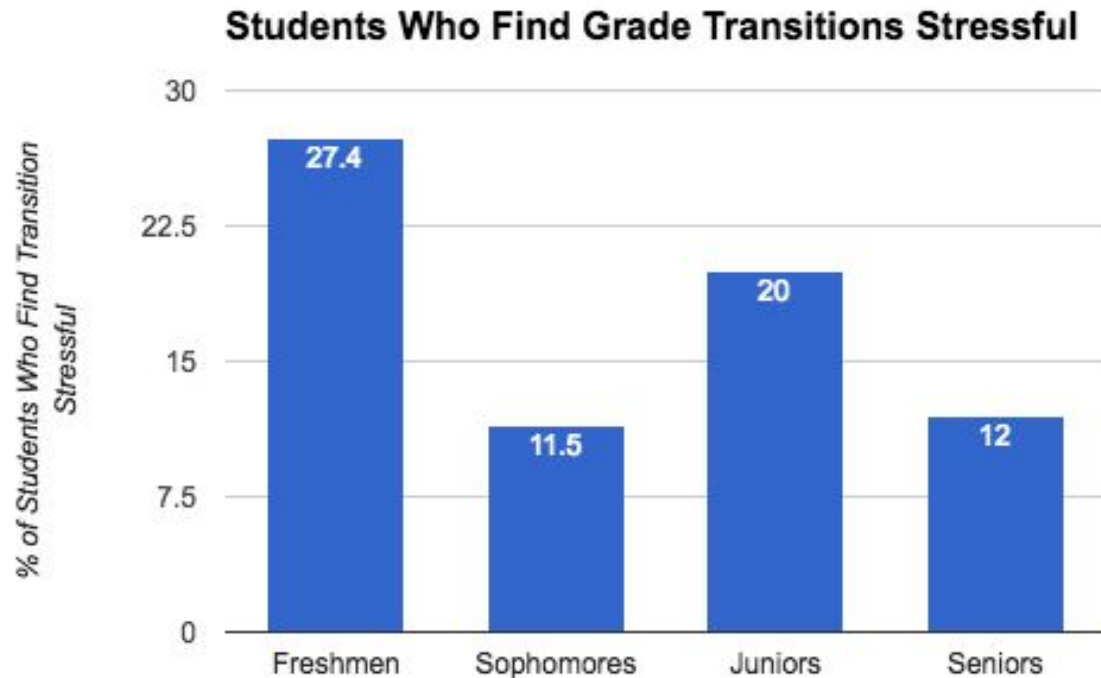
SOCIAL MEDIA

- 29% spend over 3 hours a day on social media (Metrowest)
- Doesn't happen often, but when it does it's an all consuming stress

Students Who Are Stressed From Social Media



- Very stressful to enter high school
- The transition into junior year was also found to be stressful



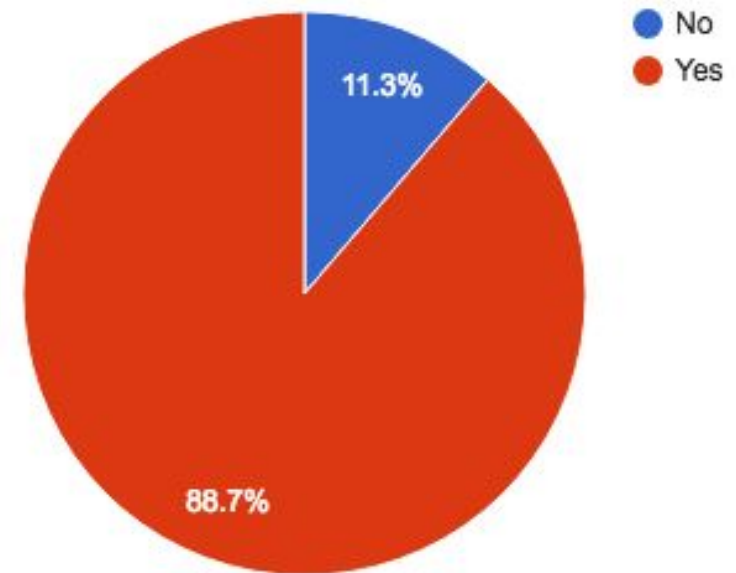
- Extracurricular Activities
- Standardized Testing
- College Process



EXTRACURRICULAR ACTIVITIES

- The time commitment for students involved in sports and involved in theatre (tech week)
- Level of understanding from coaches and advisors
- Balancing extracurricular activities with staying on top of homework and studying for tests

Participation in Extracurriculars



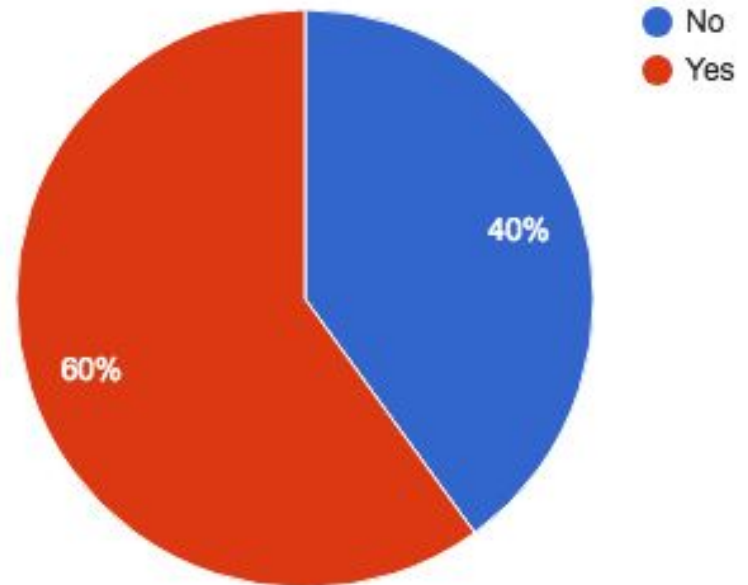
NHS Student Survey



STANDARDIZED TESTING

- Stress around standardized testing is centered around the SAT and ACT
 - The pressure to do well on these tests in order to get into the college of their dreams
- Many students feel like their standardized test scores will dictate their future

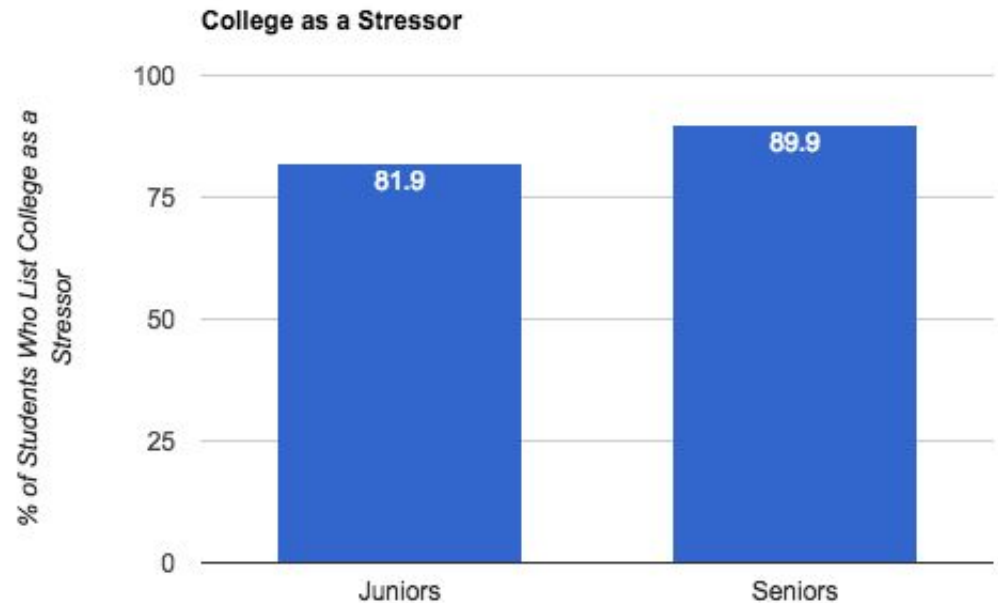
Standardized Testing as a Stressor



NHS Student Survey

NATICK COLLEGE PROCESS

- Admissions process in general and the pressure from oneself, family and peers
 - College essay and supplemental essays
- Applying for Scholarships
- Financial Aid
 - Hard for students to understand
- Chatter on where you are going



NHS Student Survey

- Grades
- Projects/Tests
- Academic Integrity

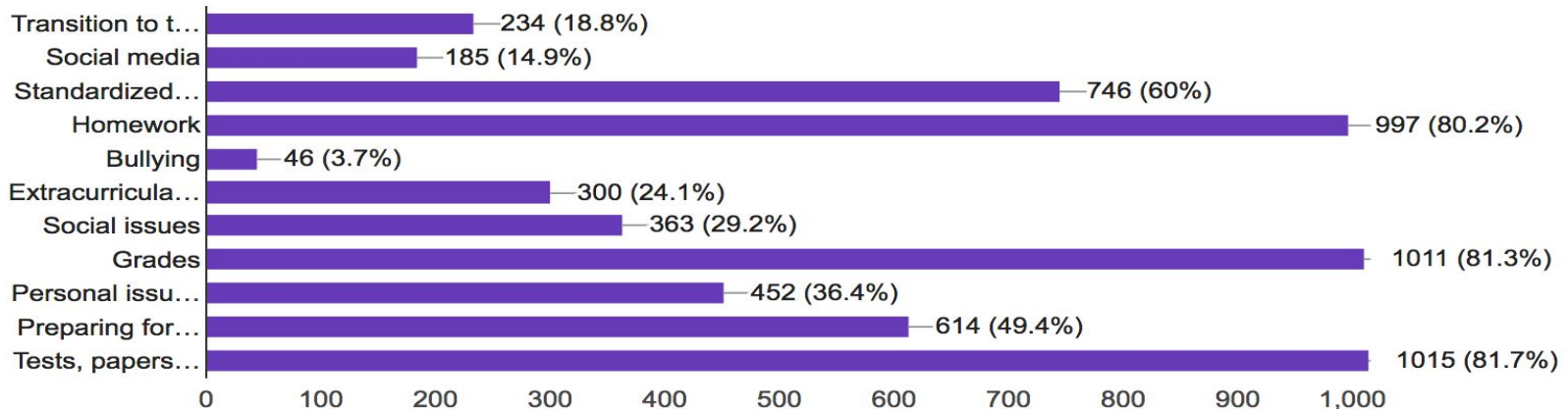
Main Causes:

- College
- Family
- Peer/Self Pressure
 - (A+)

iPass pros and cons

Loss of points if late:

- Need to hand in on time
- Easier than asking for extension



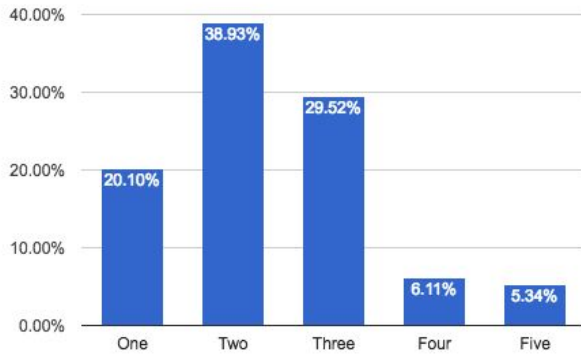


NATICK PROJECTS/TESTS

- Work peaking before and after breaks
 - Thanksgiving
 - Winter
- Some assessments are more stressful than others
 - Projects tend to be lower stress
 - Group projects can also be stressful for some students
- Study guides and guidance from teachers is helpful
- Midterms and Finals
 - Tend to be less stressful with no work the week before
 - Study guides stress reliever
 - Stressful week mentally

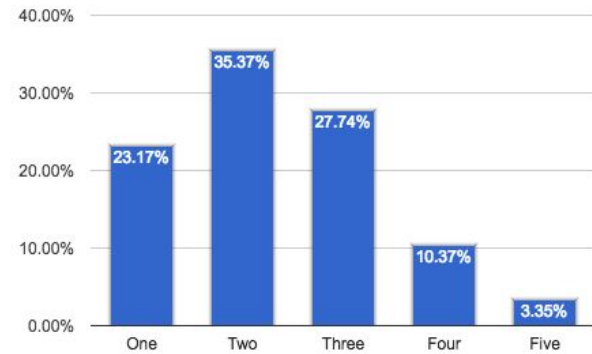
NATICK ACADEMIC INTEGRITY

Outlook on Academic Integrity (9th Grade)



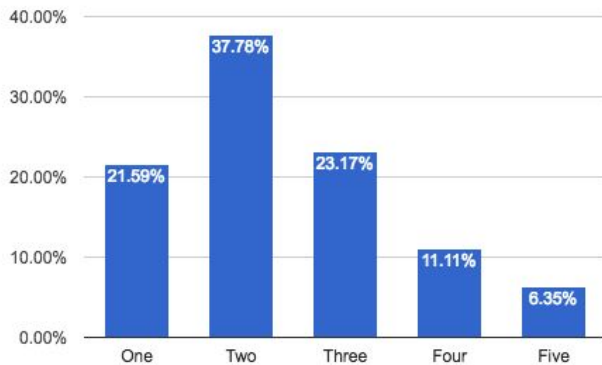
Rating (1 = not a problem, 5 = huge problem)

Outlook on Academic Integrity (10th Grade)



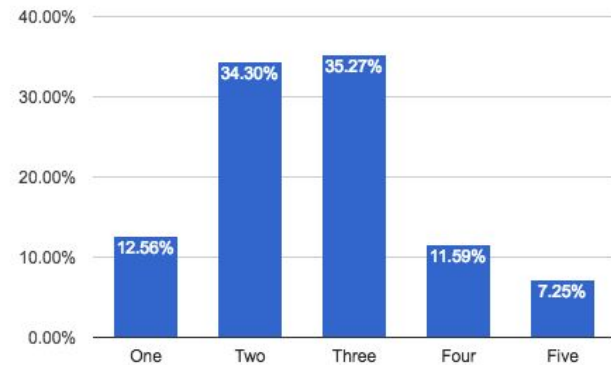
Rating (1 = no problem, 5 = huge problem)

Outlook on Academic Integrity (11th)



Rating (1 = no problem, 5 = huge problem)

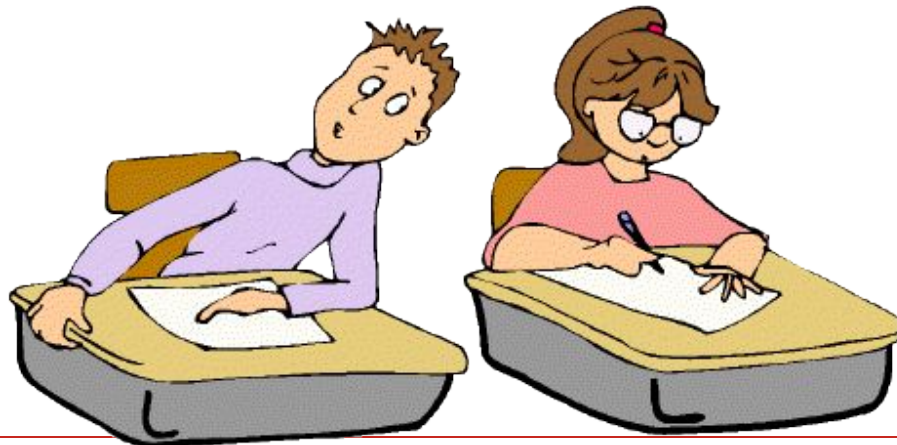
Outlook on Academic Integrity (12th Grade)



Rating (1 = no problem, 5 = huge problem)

Why do students cheat?

- Pressure for grades
- Study/Time management skills
- Cheat on HW when they see it as less valuable
- More on HW than on projects because of humiliation



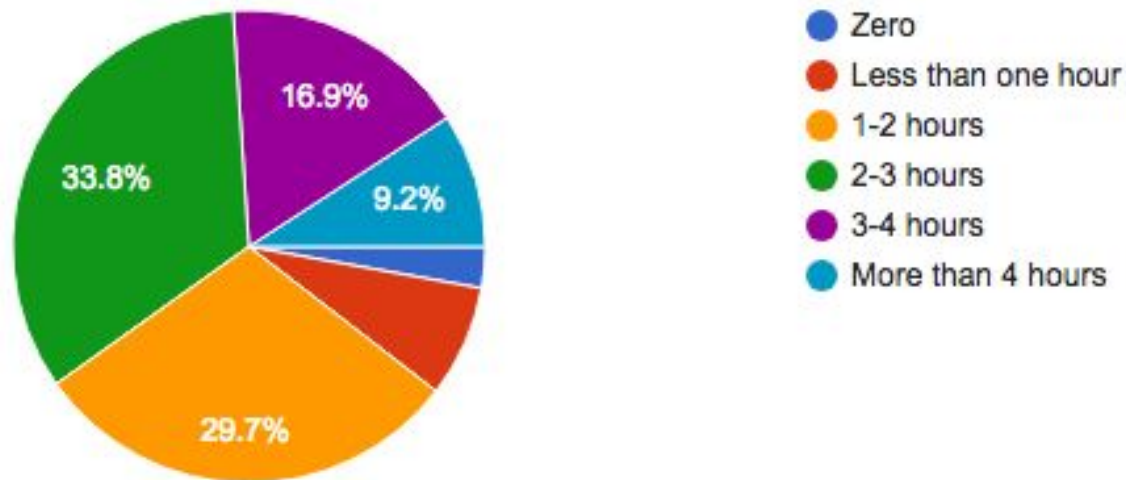
- Volume of Homework
- Value of Homework
- Time Management



VOLUME OF HOMEWORK

- Students are doing a lot of work outside of class

Graph is of how many hours per day a student spends on work outside of class (it includes CDS and Study halls).





AMOUNT OF HW BROKEN DOWN BY AP/HONORS AND CLASS

	0 AP/Honors	1-2 AP/Honors	3-4 AP/Honors	5 AP/Honors
More than 3 hours	18%	22%	38%	26%
More than 2 hours	52%	59%	66%	59%
	9th Grade	10th Grade	11th Grade	12th Grade
More than 3 hours	15%	19%	42%	27%
More than 2 hours	59%	57%	72%	59%



VALUE OF HOMEWORK

- Some students experience assignments as less valuable intended
- While a teacher may have a grand intent for it, the student could receive it as “busy work”
- Studies have shown that when a student does not understand the value of an assignment, they will get less from it
- If at the end of class, teachers took a few minutes to emphasize the value of each assignment, students would enjoy the work more and gain more from it



NATICK TIME MANAGEMENT

- Students tend to have poor time management skills which leads to homework related stress
 - Beyond school, they have work, sports, family, and many other things that could be going on in the student's life
- It's hard for a student to foresee how their schedule could affect their lives, and many of them overload their schedules
 - Some utilize CDS/Cafe Studies/ Study halls, but not all do



NATICK RECOMMENDATIONS

- Academic Support
 - Workshops
 - CDS, Study hall, Caf study
 - Quieter workspaces
 - Emphasis on HW value
 - Time management calculator
- Self-Advocacy
 - Introduction in 9th grade
- Transitions
 - Music in hallway transitions
 - Freshman orientation
- Social Support
 - Therapy dog
 - Trusted adults
 - Raise student participation

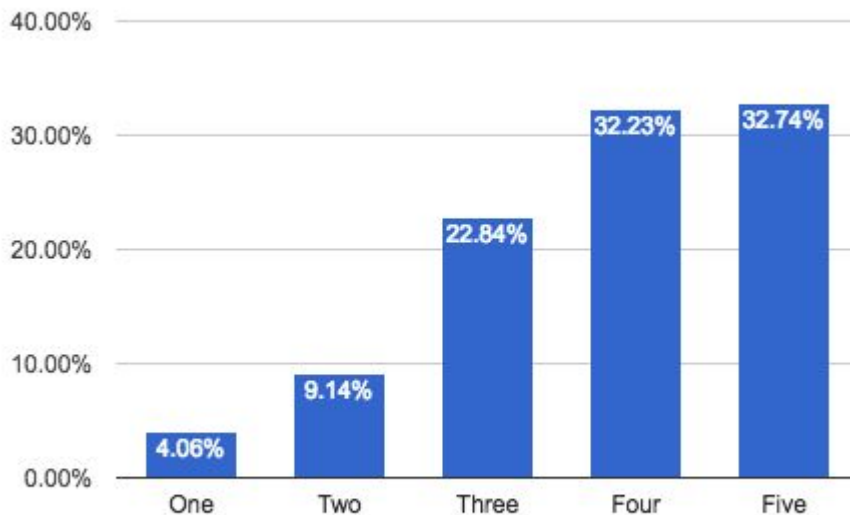
NATICK ACADEMIC SUPPORT

- Workshops
 - Math
 - Science
 - English
 - Organizational Skills
- CDS, Study Hall, Cafe Study
- Quieter work spaces at NHS
- Emphasis of value on homework
- Time Management calculator



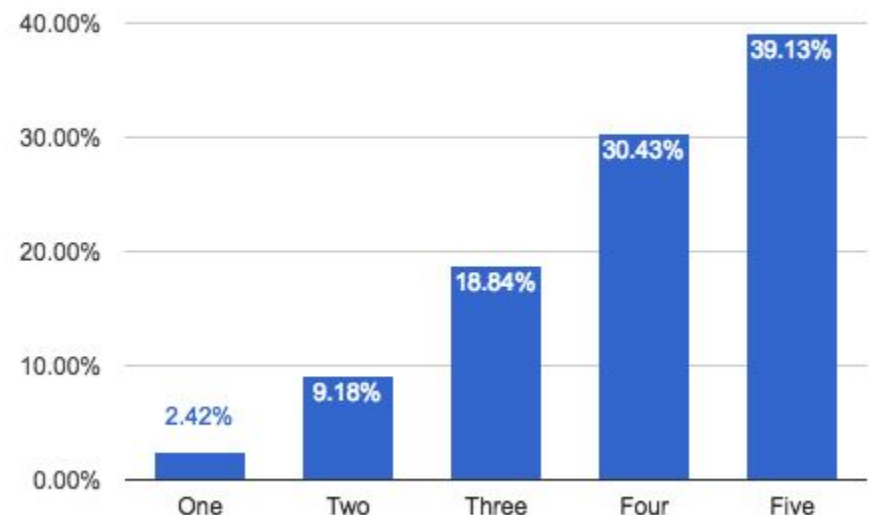
- Teaching students how to self advocate in a positive and effective way
- Self advocacy is a solution to all types of stress

Comfort in Self-Advocating (9th Grade)



Comfort Level (1 = not at all, 5 = definitely)

Comfort in Self-Advocating (12th Grade)



- Hallway transitions: play music
- Freshman transitions: freshman orientation
 - Using senior leaders for a student perspective



NATICK SOCIAL SUPPORT

- Therapy dog: gift from the senior class
- Help students find a trusted adult
- Additional ways for students to get involved!
 - Clubs and sports





Thank you