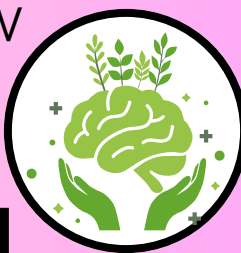




BY ALEXANDRIA CITY HIGH SCHOOL



Angie Alvarado

TOPIC

lack of students motivation in school

TOPIC DESCRIPTION

Many students at ACHS struggle with motivation because of stress, pressure, mental health challenges, and lack of support. This issue affects students academically and emotionally by lowering grades, attendance, and classroom participation. Students who feel unmotivated may also experience anxiety, burnout, and hopelessness about school. This matters in Alexandria because education plays a major role in students' future success and opportunities. If students continue feeling disconnected from school, graduation rates and overall student well-being may decrease.

BASELINE DATA & GOAL

31% of ACPS students reported feelings of sadness, stress, or depression that affected their school motivation and performance.

Goal:

Reduce the percentage of students struggling with motivation and emotional stress from 31% to 10% by improving mental health support, student engagement, and academic resources at ACHS.

CYCP GOAL & STRATEGIC AREA

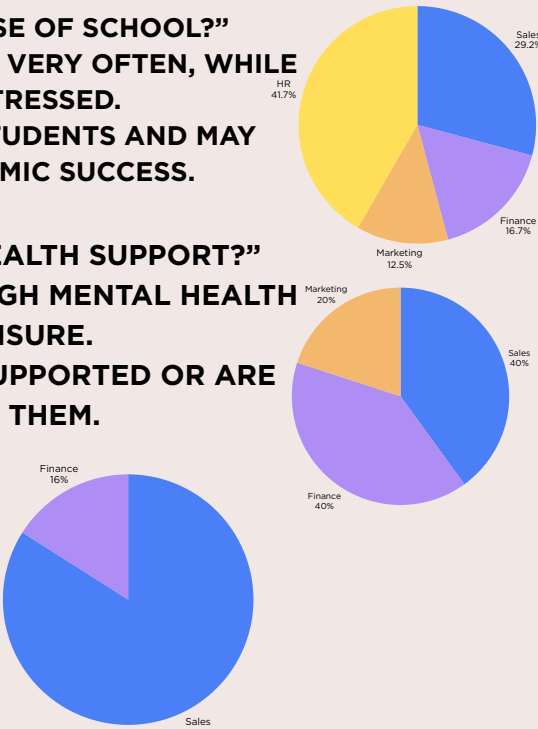
This issue connects to the CYCP goal of improving student mental health, academic success, and student engagement. The Children and Youth Community Plan focuses on helping students feel safe, supported, and successful in school. Increasing student motivation can improve attendance, grades, participation, and overall well-being at ACHS.

WHAT IS HAPPENING RIGHT NOW?

GRAPH 1 — “HOW OFTEN DO STUDENTS FEEL STRESSED BECAUSE OF SCHOOL?”
40% OF STUDENTS SAID THEY FEEL STRESSED BECAUSE OF SCHOOL VERY OFTEN, WHILE ONLY A SMALL PERCENTAGE SAID THEY RARELY FEEL STRESSED.
THIS SHOWS THAT STRESS IS A MAJOR ISSUE AFFECTING ACHS STUDENTS AND MAY NEGATIVELY IMPACT MOTIVATION, ATTENDANCE, AND ACADEMIC SUCCESS.

GRAPH 2 — “DOES THE SCHOOL PROVIDE ENOUGH MENTAL HEALTH SUPPORT?”
40% OF STUDENTS SAID THE SCHOOL DOES NOT PROVIDE ENOUGH MENTAL HEALTH SUPPORT, WHILE ANOTHER 40% SAID THEY ARE UNSURE.
THIS SUGGESTS THAT MANY STUDENTS EITHER DO NOT FEEL SUPPORTED OR ARE UNAWARE OF THE RESOURCES AVAILABLE TO HELP THEM.

GRAPH 3 — “HAVE YOU EVER FELT OVERWHELMED TO THE POINT IT AFFECTED YOUR SCHOOLWORK?”
84% OF STUDENTS SAID THEY HAVE FELT OVERWHELMED TO THE POINT WHERE IT AFFECTED THEIR SCHOOLWORK.



THIS SHOWS THAT STRESS AND MENTAL HEALTH CHALLENGES ARE DIRECTLY AFFECTING STUDENTS' ACADEMIC PERFORMANCE AND ABILITY TO SUCCEED IN SCHOOL.

WHAT STRATEGIES OR ACTIONS HAVE ALREADY BEEN TRIED?
ACPS AND ACHS CURRENTLY PROVIDE COUNSELING SERVICES, SCHOOL COUNSELORS, STUDENT SUPPORT PROGRAMS, AND MENTAL HEALTH RESOURCES. SCHOOLS ALSO OFFER CLUBS, MENTORING OPPORTUNITIES, AND WELLNESS PROGRAMS TO SUPPORT STUDENTS EMOTIONALLY AND ACADEMICALLY.

THESE PROGRAMS ARE HELPING SOME STUDENTS, BUT THE SURVEY DATA SHOWS THAT MANY STUDENTS STILL FEEL STRESSED, OVERWHELMED, AND UNSUPPORTED. BECAUSE A LARGE PERCENTAGE OF STUDENTS CONTINUE STRUGGLING WITH MOTIVATION AND MENTAL HEALTH, MORE EFFECTIVE SUPPORT SYSTEMS AND STUDENT OUTREACH ARE STILL NEEDED.

WHAT HAS ALREADY BEEN TRIED?

Schools have increased counseling services, tutoring programs, and student wellness activities to support students academically and emotionally.

These actions have helped some students, but many students still report feeling stressed and unmotivated, meaning more improvements are needed.

WHO CAN HELP?

Stakeholder 1 – Ursula Rocha / ACPS School Board
The ACPS School Board and Ursula Rocha can help by supporting stronger mental health programs, increasing student support services, and creating policies that improve student wellness and academic success. They also have the power to approve funding for counselors, wellness programs, and student engagement activities.



WHAT HAS BEEN DONE SO FAR?

Quantity

ACPS has added counseling services, tutoring opportunities, wellness resources, mentoring programs, and after-school support activities to help students emotionally and academically.

Quality

Although these programs help some students, survey results show that many ACHS students still feel stressed, overwhelmed, and unsupported. For example, 84% of students reported that stress has affected their schoolwork, showing that current actions are not fully solving the issue.

IS IT ACTUALLY HELPING?

CURRENT PROGRAMS ARE HELPING SOME STUDENTS, BUT MANY STUDENTS CONTINUE STRUGGLING WITH STRESS, MENTAL HEALTH, AND MOTIVATION. SURVEY DATA SHOWS THAT 40% OF STUDENTS BELIEVE THE SCHOOL DOES NOT PROVIDE ENOUGH MENTAL HEALTH SUPPORT, WHILE ANOTHER 40% ARE UNSURE ABOUT AVAILABLE SUPPORT SYSTEMS. THIS PROVES THAT MORE EFFECTIVE RESOURCES AND STUDENT OUTREACH ARE STILL NEEDED AT ACHS.

WHAT SHOULD CHANGE? (YOUR SOLUTION)

ACHS should create stronger student support systems focused on mental health, stress management, and motivation. Schools could provide more wellness activities, peer mentoring, academic support programs, and mental health awareness workshops. Students should also have easier access to counselors and trusted adults at school. Survey data showed that many students feel overwhelmed and uncomfortable asking for help, so improving communication and support could help students feel more connected, motivated, and successful.

WHAT WILL HAPPEN NEXT?

If these solutions are implemented, students may feel safer, more motivated, and emotionally supported at school. Attendance, grades, participation, and mental health could improve across ACHS. Students, teachers, families, and the Alexandria community would all benefit from a healthier and more positive learning environment. Small improvements can create long-term success for students in Alexandria.

CITATIONS

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LEARN MORE

RESOURCE 1

ALEXANDRIA CITY PUBLIC SCHOOLSATTACHMENT.PNG

PROVIDES INFORMATION ABOUT COUNSELING, ACADEMIC SUPPORT, AND STUDENT WELLNESS RESOURCES AVAILABLE TO STUDENTS.

RESOURCE 2

CDC YOUTH MENTAL HEALTH RESOURCESATTACHMENT.PNG

PROVIDES INFORMATION ABOUT TEEN MENTAL HEALTH, STRESS, AND STRATEGIES SCHOOLS CAN USE TO SUPPORT STUDENTS.