



BY ALEXANDRIA CITY HIGH SCHOOL



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TOPIC

School Related Stress Among Students

TOPIC DESCRIPTION

School-related stress is a big problem for students at Alexandria City High School. Many students feel stressed because of homework, tests, grades, and pressure to do well. This stress can affect students’ sleep, mental health, focus, and motivation. This issue matters because too much stress can make students feel overwhelmed and burned out. Student stress can affect grades, attendance, behavior and mental health.

BASELINE DATA & GOAL

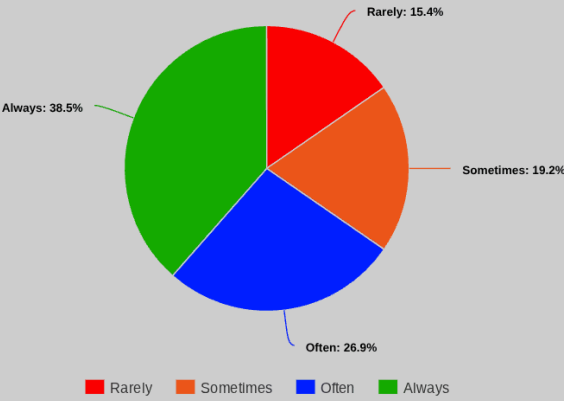
According to the American Psychological Association about 45% of teens report feeling stressed by schoolwork. I want schools to reduce student stress and improve mental health support.

CYCP GOAL & STRATEGIC AREA

-Physical, Mental and behavioral Health
-Academic Environment and Success
Improving student mental health and success in school.
School stress affects students’ mental health and school performance. Helping students manage stress can improve their well being and success in school.

WHAT IS HAPPENING RIGHT NOW?

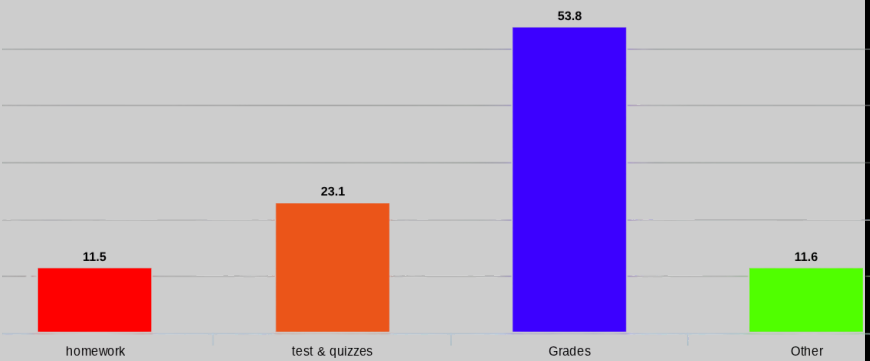
1) How often students feel stressed because of school



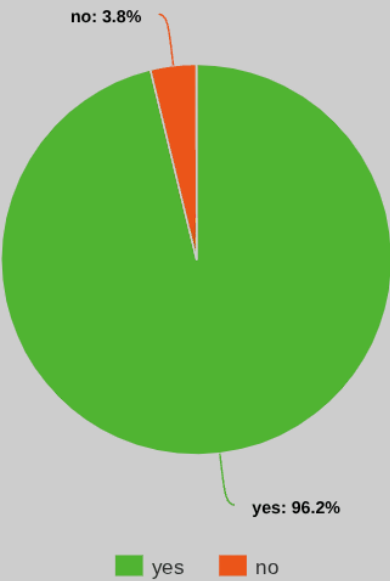
Most students feel stressed often or always, with the largest group saying they always feel stressed. Only a small number say they rarely feel stressed. This shows that school stress is a major issue for students. If most students are stressed most of the time, it can affect mental health, focus, and school performance. It suggests schools may need better support systems or workload balance.

Grades are the biggest source of stress for students, followed by tests and quizzes. Homework is the least stressful factor. There is also a small amount of stress coming from other causes. This matters because it shows students are mostly stressed about performance and pressure to get good grades. This can lead to anxiety and burnout. Understanding this can help teachers adjust grading pressure or provide more support before tests.

2) Main source of school stress



Have you ever felt overwhelmed by schoolwork?



Almost all students (96.2%) have felt overwhelmed by schoolwork at some point, while very few have not. This shows that feeling overwhelmed is extremely common. It suggests that schoolwork load or expectations may be too high for many students, and schools may need to look at ways to reduce overload or teach better stress management.

WHAT HAS ALREADY BEEN TRIED?

ACPS has counselors, support programs, and mental health resources for students. Teachers and counselors also try to help students who are stressed.

WHO CAN HELP?

Alexandria City Public Schools

They can reduce homework, add more counselors, and support students more.

Alexandria Health Department

They can provide mental health programs and resources for students.



WHAT HAS BEEN DONE SO FAR?

Quantity: What actions have been taken?

Schools have hired counselors and created support programs for students.

Quality: How well are those actions working? These programs help some students, but stress is still a big problem for many students.

IS IT ACTUALLY HELPING?

Are people better off or not?

Some students are getting help, but many still feel overwhelmed. The problem seems to be staying the same because many students still report stress.

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WHAT SHOULD CHANGE? (YOUR SOLUTION)

School should reduce homework, provide more counselors and teach students ways to manage stress. Schools could also create wellness activities and introduce students to mental health days. Schools should focus more on students mental health and less on academic pressure, Since 38.5% students in the survey said that they feel stressed often, school should take care more action to help students

WHAT WILL HAPPEN NEXT?

If my solution is being used students may feel stressed and more supported. Students, teachers and families will benefit because students will feel healthier and do better in school. If schools and the community work together, students can have a healthier and more positive school experience

CITATIONS

Eickert, C. (2025). *Titan Changemaker Listening Session Handout* [Handout].

Van Ryzin, M. J., & Roeth, C. J. (2020). The Cascading Effects of Reducing Student Stress: Cooperative Learning as a Means to Reduce Emotional Problems and Promote Academic Engagement. *The Journal of Early Adolescence*, 41(5), 027243162095047. <https://doi.org/10.1177/0272431620950474>

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<https://childmind.org/article/understanding-academic-anxiety/>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10448952/#:~:text=Abstract,mental%20health%20benefits%20for%20student%20S.>