

# BY ALEXANDRIA CITY HIGH SCHOOL

Estefany Ordonez



## TOPIC

Students Mental Health In School

## TOPIC DESCRIPTION

My topic focuses on students mental health in school. This issue is affected by many students in Alexandria City High school because of stress, anxiety, and pressure from school. When students struggle with their mental health it can affect their grades, friendships, attendance and overall well-being. It matters in ACHS because if students aren't doing well they wont be good in school as well. Its better to help now rather then help when it can be to late.

## BASELINE DATA & GOAL

I did a survey based on how students feel in school. Data shows that 66.7% of students feel okay/neutral and 21.2% feel stressed in school and only 3% feel happy. This shows that we really do need to make sure students are doing well.

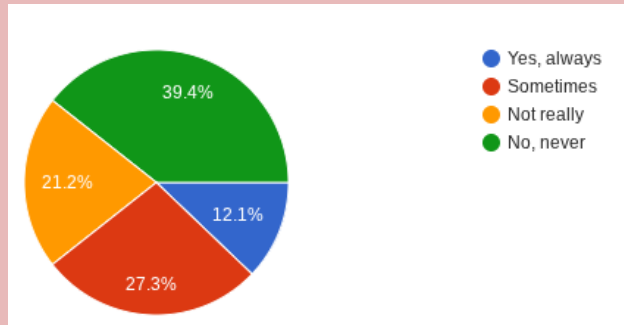
My goal is to at least have 40% of students to feel happy while being in school. Also at least only 15% where students may have their bad day and feel neutral or stressed. I want to make sure students feel comfortable and not so stressed in school.

## CYCP GOAL & STRATEGIC AREA

My issue connects to the Children and Youth Community because it focuses on improving students health, safety and overall well-being. Supporting mental health can help students succeed in school and build a healthier community. I plan to have a peer mentoring group where students can feel safe talking and have somewhere they can relief there stress or anxiety.

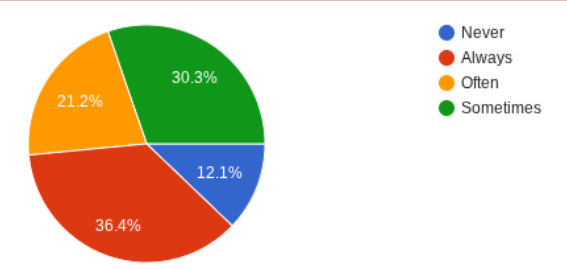
## WHAT IS HAPPENING RIGHT NOW?

DO YOU FEEL COMFORTABLE TALKING TO SOMEONE AT SCHOOL ABOUT YOUR FEELINGS?



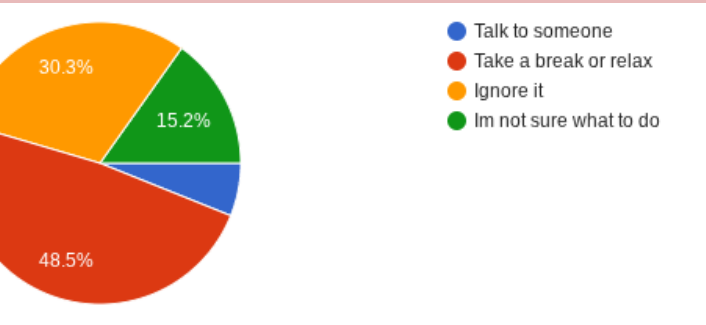
This data shows that 39.4% of student don't feel comfortable about talking about there feelings and only 12.1% feel open to talk about there feelings this matter because students should feel safe to talk about how they feel in school. Teachers should be taught to make sure to notice when a student feels like there not in a right mood.

HOW OFTEN DO YOU FEEL OVERWHELMED BY SCHOOL WORK?



This data shows us that 36.4% always feel overwhlemed and 21.2% often feel overwhelmed by school work. This matters because students deal with alot of work that the majority of time that is there only focus and it can get draining even if they have to do other things after school. We should have atleats a free period to relax or do assignments then stressing about every class homework.

WHAT DO YOU USUALLY DO WHEN YOU FEEL STRESSED AT SCHOOL?



This data shows that 48.5% of students take a break or relax, and 30.3% just ignore it while being stressed. This matters because this often changes the mood and behavior of how students can feel when they just ignore how they feel. Also attendance because they don't feel good enough to go to class. This is where we need a peer mentoring where they feel safe to talk to someone about how they feel.

## WHAT HAS ALREADY BEEN TRIED?

In Alexandria City High school they do have counselors, also have a Teen wellness center inside the school where you can get health resources, and mental health support but it is not talked about as much.

## WHAT HAS BEEN DONE SO FAR?

In school there is a percentage of 21.2% of students that feel stressed and 66.7% that feel neutral/okay. In my survey for the open ended questions students said that teachers pressure more than they care about there well-being, which is often true. Students also said things like **“It makes me feel dumb like I am lacking some sort of motivation even though I want to do well”**

**‘stressed and anxious. teachers don’t seem to understand that the workload gets overwhelming sometimes”**

**“Tell teachers to encourage students instead of putting them down” “Hire well educated and experienced counselors.”**

Therefore these responses show that students don’t feel well in school they feel overwhelmed and drained.

## WHO CAN HELP?

- Teen Wellness center, it is inside of Alexandria City High school
- Noraine Butter, she is the group of youth director of youth development



## IS IT ACTUALLY HELPING?

Based on my survey data, students are struggling with their mental health. The problem is staying the same and getting worse because nothing is changing and we can fix that.

## WHAT SHOULD CHANGE? (YOUR SOLUTION)

There should be a peer mentoring group where students can socialize with one another or privately as well so they don’t feel alone. Also programs where they can feel like they have more time for themselves so they don’t feel stuck in the same cycle. Teachers should also be taught professionally to know where there is a student that isn’t okay.

## WHAT WILL HAPPEN NEXT?

It would improve overall how students feel, how they focus in class and physical energy levels will improve. Students will benefit by feeling less overwhelmed. By making these changes were helping students by having the support they need

## LEARN MORE

- The Jed Foundation

Both of these sources provide resources for teens to help manage mental health

- NAMI

## CITATIONS

- <https://www.cdc.gov/mental-health/index.html>
- <https://www.nami.org/advocacy-at-nami/policy-positions/improving-health/mental-health-in-schools/>
- <https://www.apa.org/>
- <https://www.thetrevorproject.org/resources/category/mental-health/>
- <https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health>