

Tips to regain balance, Redefine success, and advocate for change

Listen to young people. Every young person wants to be heard, recognized and nurtured as a unique individual.

What Parents Can Do:

- **Promote** thriving behaviors in youth by intentionally building the **41 Developmental Assets** (see www.ProjectCornerstone.org)
- **Discuss** what success means to your family. Do your actions reflect your values?
- **Reduce** performance pressure.
- **Avoid** over-scheduling.
- **Allow** time for play, downtime, reflection and sleep.
- **Ask** youth how they are feeling.
- **Allow** youth to make mistakes and learn from them.
- **Have** conversations with youth about their experiences in school.
- **Recognize** the signs of youth stress: headaches, stomachaches, dizziness, chest pain, changes in appetite and sleeping patterns.
- **Know** the signs of childhood depression.
- **Attend** School Board and Home/School Club meetings to discuss education policies.
- **Discuss** with youth the path(s) they may want to pursue after high school.
- **Make** the college search about finding the “right fit” rather than the “best” college.
- **Allow** high school youth to make independent choices on course selection.
- **Follow** your instincts.

What Students Can Do:

- **Speak** to the adults in your life about how you are feeling.
- **Make** sure you get plenty of sleep.
- **Unplug.** Take time to reflect upon the important things in life.
- **Make** time for things you enjoy.
- **Limit** AP classes to the subjects you enjoy.
- **Limit** extra-curricular activities.
- **Seek** colleges that use a comprehensive approach to looking at applicants.
- **Learn** about the long-term impact of stimulants and performance-enhancing medications.

- **Create** alliances with students who desire a mindset that values the individuality of every student (and moves away from a one-size-fits-all approach to education).
- **Seek** the support of one or more teachers.
- **Request** student representation on the Home and School Club and School Boards.

What Educators Can Do:

- **Get** to know your students.
- **Become** knowledgeable about research in the area of homework and the importance of play and downtime.
- **Observe** and document what happens when you assign less homework.
- **Empower** students with more voice and choice in the classroom.
- **Find** opportunities to evaluate students without tests.
- **Teach** to your passions. Engage students in learning.
- **Share** your voice on policies impacting your school community.
- **Develop** a plan of action to create a positive and healthy educational environment that supports and recognizes the unique talents of every individual.

What Administrators Can Do:

- **Set** expectations with faculty regarding homework: e.g., if homework takes longer than a set amount of time, the student should not continue to the point of frustration and should not suffer consequences at school.
- **Make** sure students have time for lunch.
- **Consider** block schedules to reduce the number of transitions and contacts for students and teachers.
- **Create** calendars to reduce overlapping demands.
- **Give** students a voice and representation on your Home and School Club and School Boards.