

Youth Summit 2019

Topic: Pressure for Success

Main issues around this topic?

(Adult scribes)

- Need to get a scholarship for college.
- Need to be the best to afford college.
- Self-pressure
- Sports
- Extracurricular activities
- Hear statements like: "You can do better." "I sacrifice a lot for you." "I want what's best for you."
- Sibling pressures
- Face a lot of competition, comparisons with others,
- Pressure from parents and extended family.
- Money/career
- Teachers
- Finance
- Feeling like it's never enough – success hard to find.
- Online assignments growing – even on holidays, weekends, snow days.

(Youth scribes)

- Have to have scholarship to go to college.
- Sports and school together create a lot of pressure – want to please everyone.
- Pressure for success comes from within.
- Want to live up to what they know we are capable of.
- When you do well in school it puts more pressure on.
- Fear factor – "I do a lot for you."
- Competition from siblings who are successful.
- Chance plays a major role.
- Not celebrated for good grades. Punished for bad grades = tarnished record.
- Expectation to carry on family business.
- Belief that you do as an adolescent defines you as an adult.
- Students stuck in Honors College.
- Financing things drives pressure to have financial success.
- Don't know when you succeed or what it means – no idea of what should make you happy.
- Students never get a break or chance to escape.
- Teachers are always posting assignments due to technology.
- Not everyone wants to be successful because it puts them in the spotlight.
- What you do in college does not define you.

Resources the students mention for getting help, both informal and formal around this topic.

(Adult scribes)

- Conversations with parents about expectations and pressure.
- Learn about different options than four-year college.

(Youth scribes)

- Talk to who is pressuring you and how it is affecting you.
- College does not have to be the only success path.
- Teachers realize students are stressed. Ask for help.
- Coaches need to realize that school comes first.

How they cope with this issue.

(Adult scribes)

- It's important to talk to people pressuring you.
- Take a step back from judgment/pressure and take care of yourself.
- You don't have to straight to college – you can always go later.
- It's OK to take time for yourself – step back from sports, clubs if you need time.
- Time for self-care:
 - Learn to say no – too much people pleasing
- How to prioritize, focus, and learn your strengths.
- Social media is a double-edged sword
- Taking baths
- Sports/gym/exercise
- Art
- Reading books
- Put mental health first
- Adjust goals: more realistic school, not Ivy League.
- Take it one step at a time

(Youth scribes)

- It will help you at some point find what you're passionate about.
- Take time for yourself – self-care. Examples: baths, sports, reading, art, exercise, music. Put your mental health first.
- Learn to prioritize. You don't have to do everything. Learn to say "no."
- Need to develop coping skills – a lot of people do not.
- Try to enjoy learning.
- Sit down to talk with your parents.

What they wish it was like.

(Adult scribes)

- Need support, understanding from parents, teachers, coaches, other adults:
 - Adults need to "put themselves in our shoes."
 - Recognize what depression/anxiety looks like.
 - Provide more flexibility (schedules, workload, due dates).
 - Assign less/different kind of homework.
- Need to define success differently:
 - Learn from failures, experiences.

- It's just not about making money.
- Learn how to handle stress better, learn more coping skills.
- Create less repetition in assignments.
- Have more parent-teacher conferences:
 - Focused less on grades, more about student well-being.
- Not enough time in classes:
 - Block scheduling: provides opportunity for more in-depth work.
 - Block scheduling: sometimes too long; need more breaks.
- Teachers need to coordinate workloads better.
- Need validation – not punishment:
 - Provide positive reinforcement.
- Accommodate different learning styles.

(Youth scribes)

- Students don't have to know exactly what you want to do right now.
- Want parents to understand the pressure they put on their kids.
- Need to figure out what defines success to them.
- Learn from failures.
- Parents need to put themselves in our shoes.
- Recognize mental health as a reason a student may not be succeeding.
- Balance between motivation and pressure.
- Don't assign busy work just to have homework.
- Have parent/teacher conferences more often.
- Homework versus extracurricular activities – less homework or different approach – quality over quantity.
- Teachers need to realize students have a lot going on.
- Block periods – more time in class to work on assignments and less homework but with time to move and stay focused.
- Universal design education – provide different types of learning.
- Teacher communication – not everything all at the same time.
- Individualize each class and student learning.
- Memorization is not learning.