

Youth Town Hall Discussion Summary

Group: Academic Pressure

Facilitator's Name: Alyssa & Sam

Problem Summary

Our discussion focused on different types of pressures caused from school and how it impacts the students (and teachers) in Maricopa both socially and mentally. We discussed what can happen when the stress becomes too much and came up with conclusions on how to solve this issue.

Top Identified Issues

- What can happen when the pressure becomes too much
- How peers and family and oneself can contribute to academic stress
- Standardized tests
- College
- How it affects both school and home life
- Causes and effects of stress
- How to manage and reduce stress
- How to ask for help
- How to involve the teenagers with the community
- How to help fellow peers with academic stress
- Lack of resources to help cope with the stress

Recommendations

Recommendation 1: Mentorship Program

Who Implements & How: Host a citywide event targeted to middle and high schoolers facilitated by representatives from all schools citywide recommended by teachers

Purpose: Bring community awareness and give tips on how to manage stress put on by academic pressures students face today.

Recommendation 2: Mental Health Club

Who Implements & How: Year round bi-weekly after school club facilitated by students and administration (counselors, teachers, etc.)

Purpose: To reduce stress, talk about problems, and to feel comfortable in the school environment.

Recommendation 3: Social Media (App and/or websites)

Who Implements & How: Social media accounts (twitter, Facebook, Instagram) ran by youth representatives from all schools (for diversity) to provide information about events, job openings, tutoring opportunities, etc., to the youth of Maricopa. Create an app funded by city offered grants (if possible) that offers similar features.

Purpose: To keep the youth informed, advertise for city events, create a sense of community and togetherness.

Recommendation 4: Parent PSA

Who Implements & How: Automated call to parents of students in the school district letting them know about academic stress that may be affecting their child, and give tips on how to approach the students about the potential problem.

Purpose: To show parents that the district cares about the mental health and well-being of their children.