

# Academic Stress Survey

By

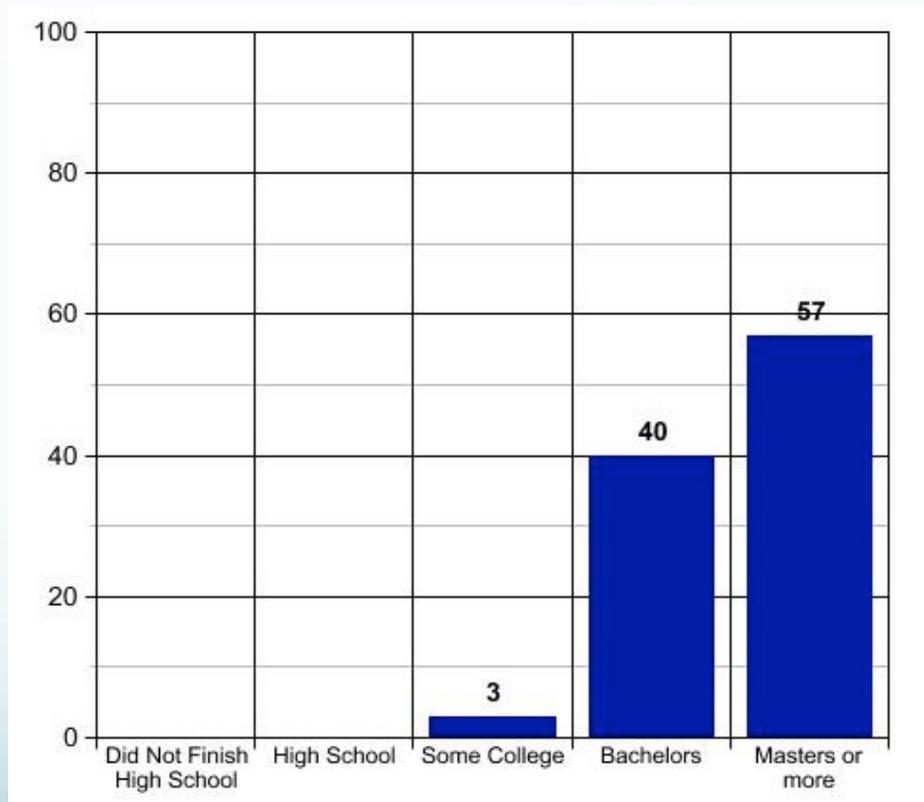
LEAD- Stress Subcommittee

Aviva N., Devon H., Vikram S., Jasreet G., Chenoa V., and Oscar A.

# What is this survey about?

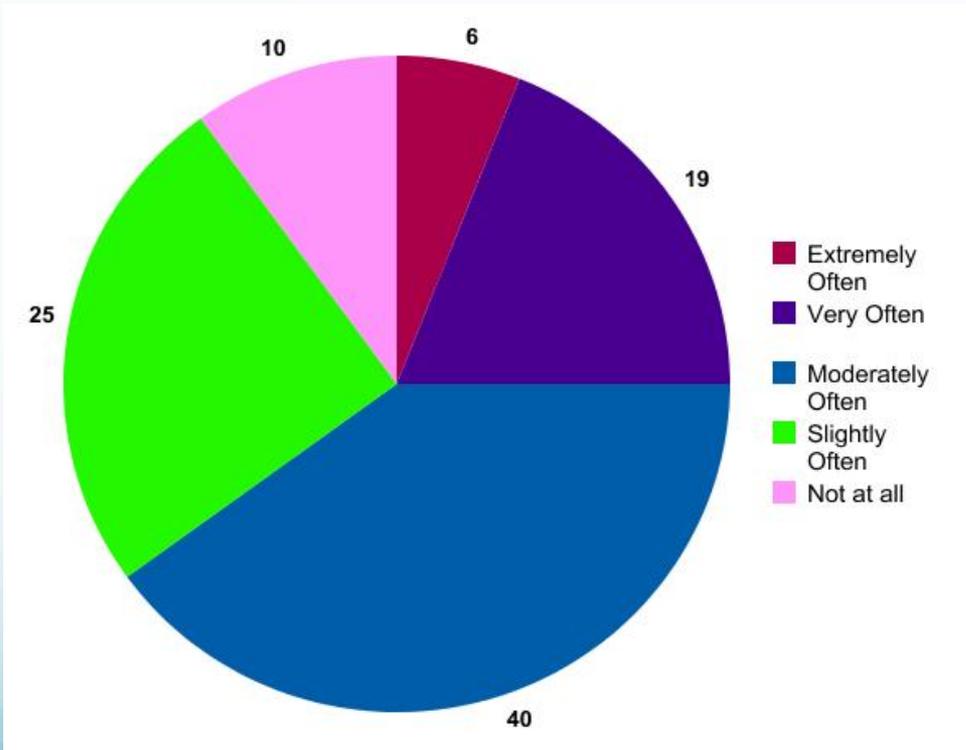
The main goal of the LEAD class is to make Davis High School a better place and prominent problem we noticed was academic pressure (get straight A's, go to an Ivy League, take as many AP classes as possible). Our subcommittee decided to focus on it by surveying 160 parents and 130 students. We wanted to see how they interpret the pressure at our school and how the students are affected by it versus their parents as well how much pressure parents in Davis put on their children. We organized our data and put it in this powerpoint. Take a look!

# Parents: What is the highest level of education that you have completed?

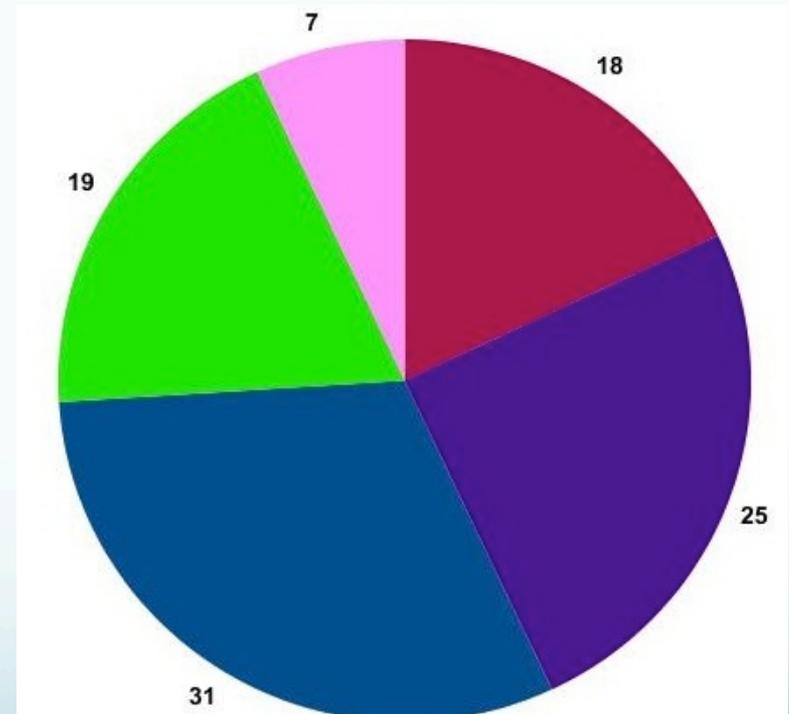


# How stressed are you on a given week?

Parents:

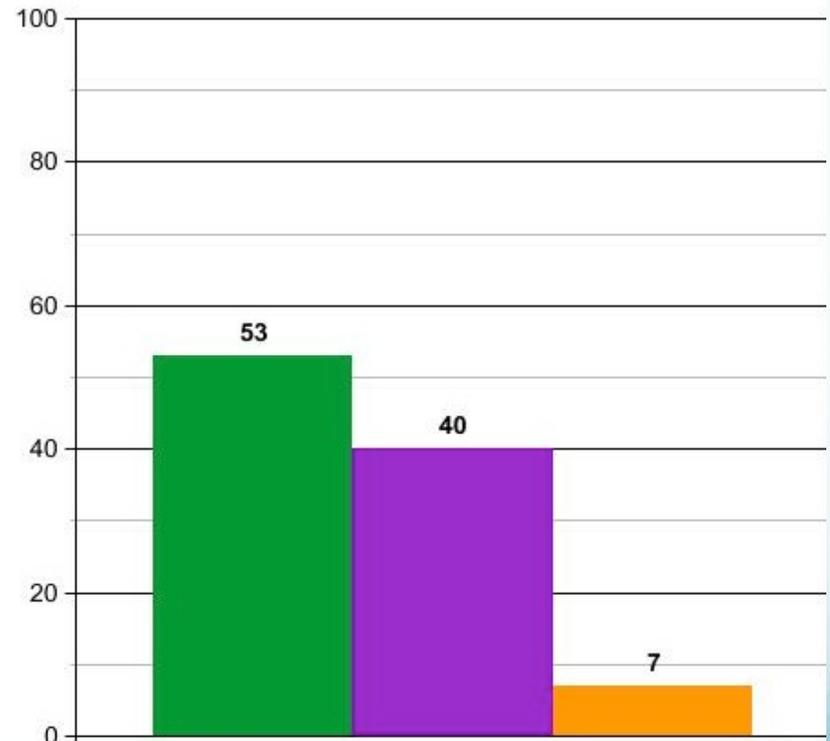
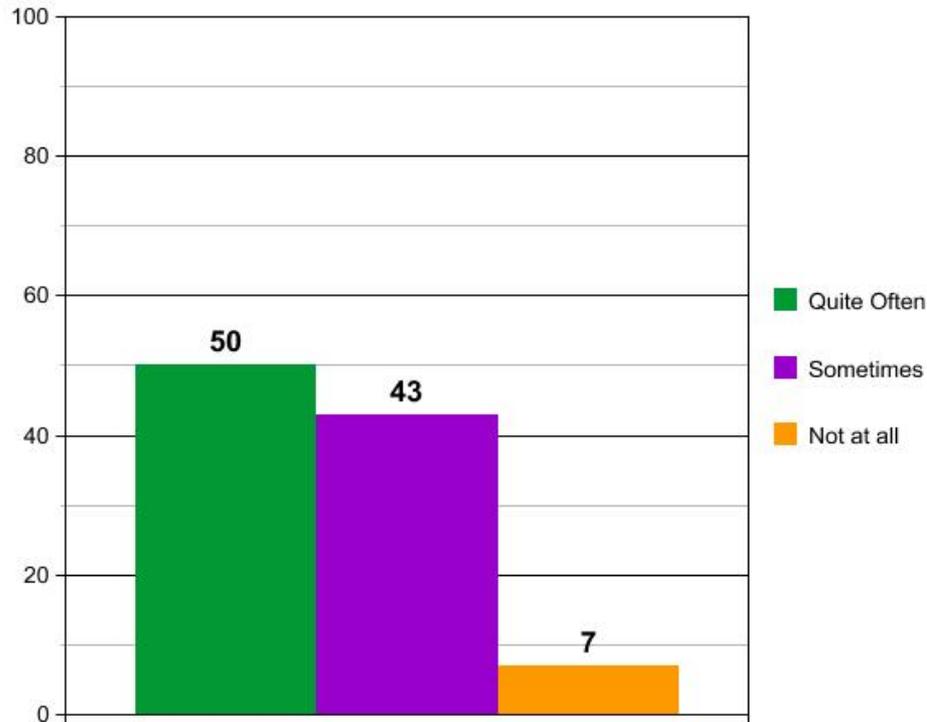


Students:

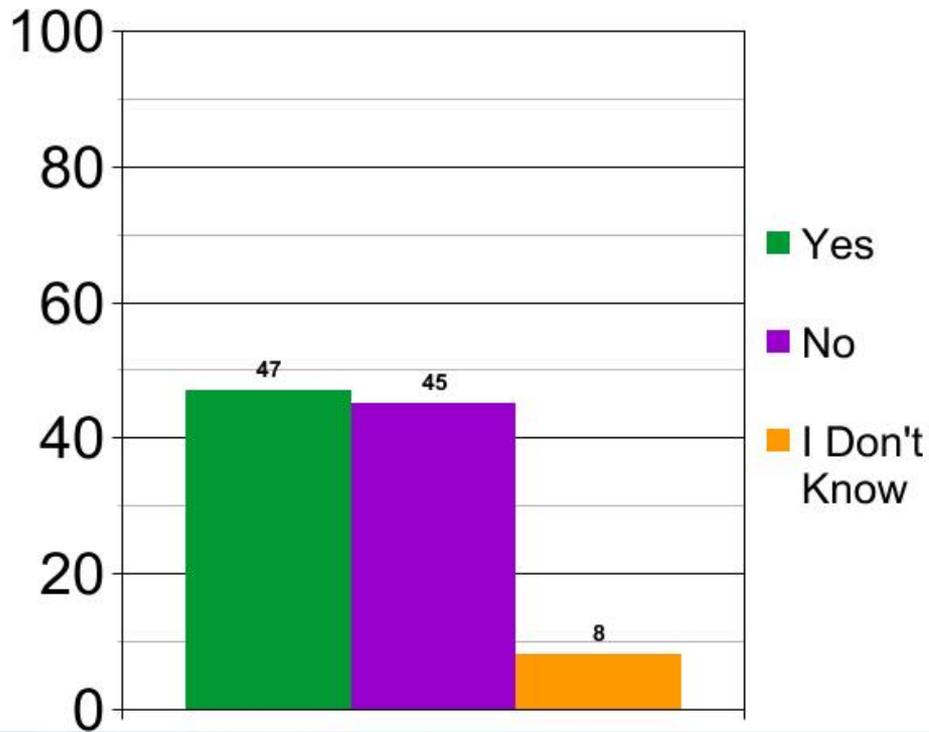


# How stressed is your child from school?

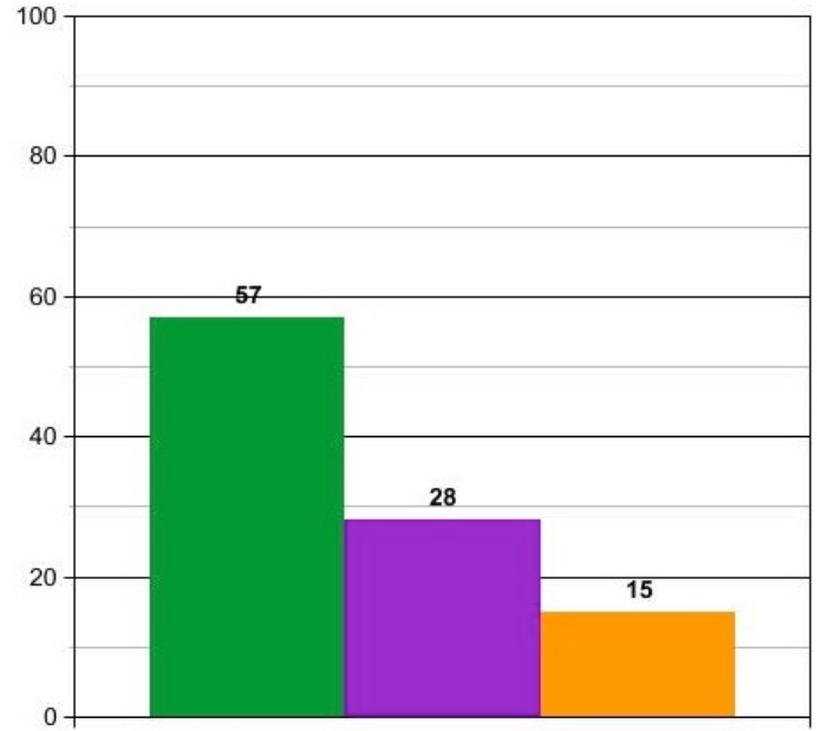
# How stressed are you from school?



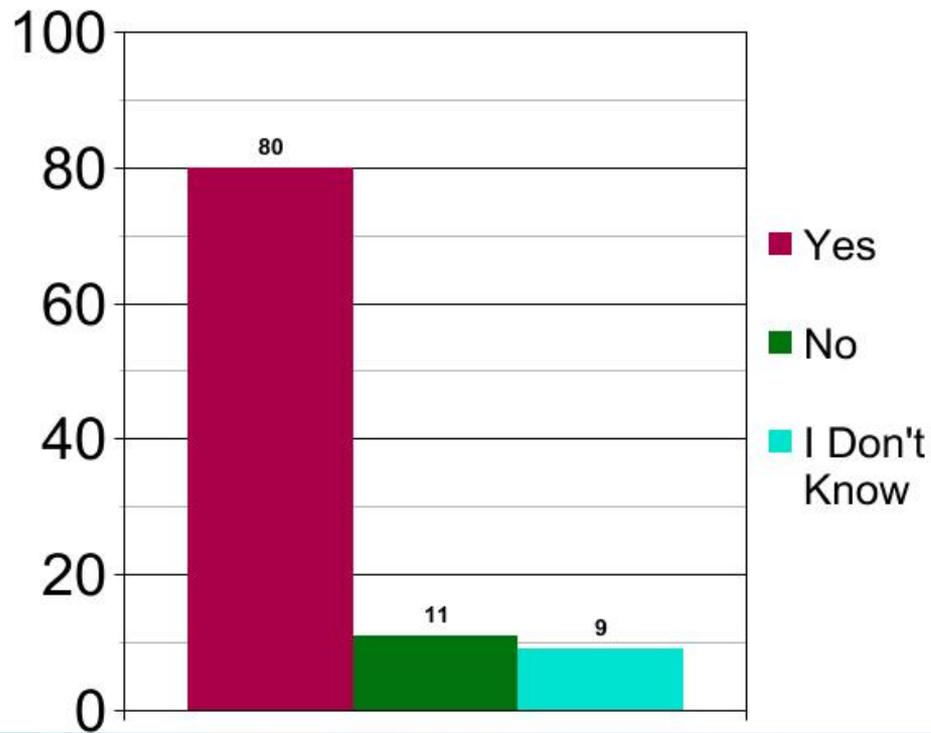
Do you think you pressure your child to succeed in academics?



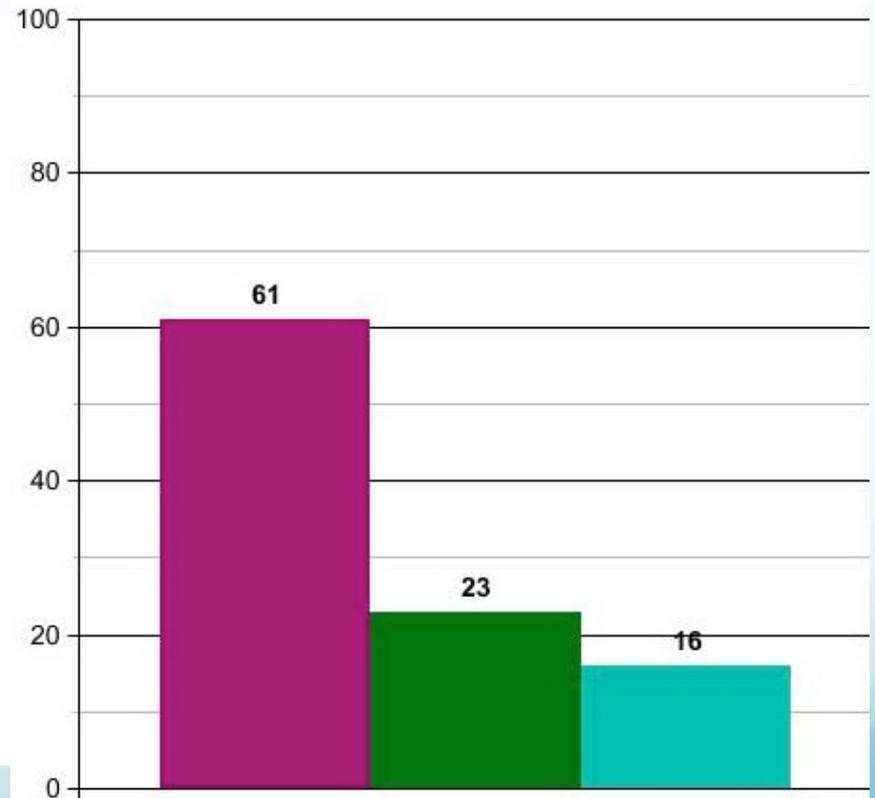
Do your parents pressure you to succeed in academics?



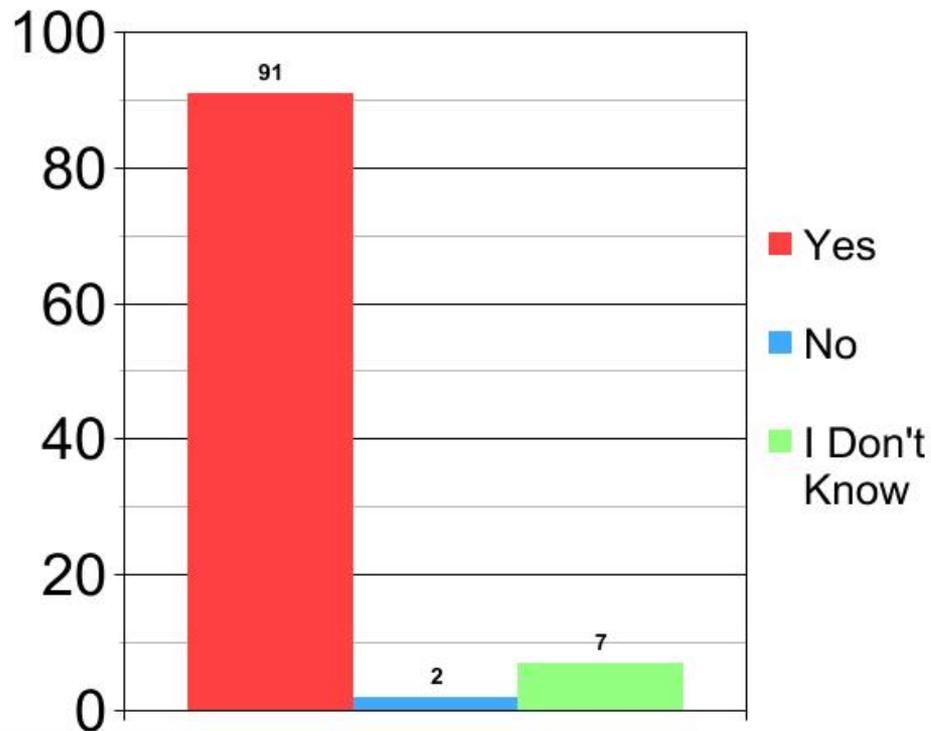
Do you and your child have the same ambitions for their future?



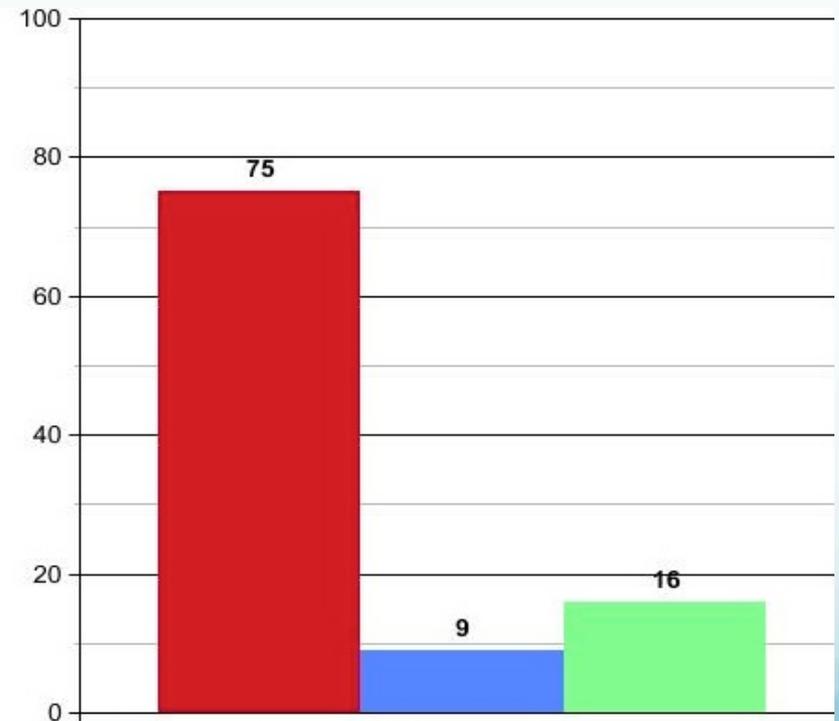
Do you and your parents share the same goals for your future?



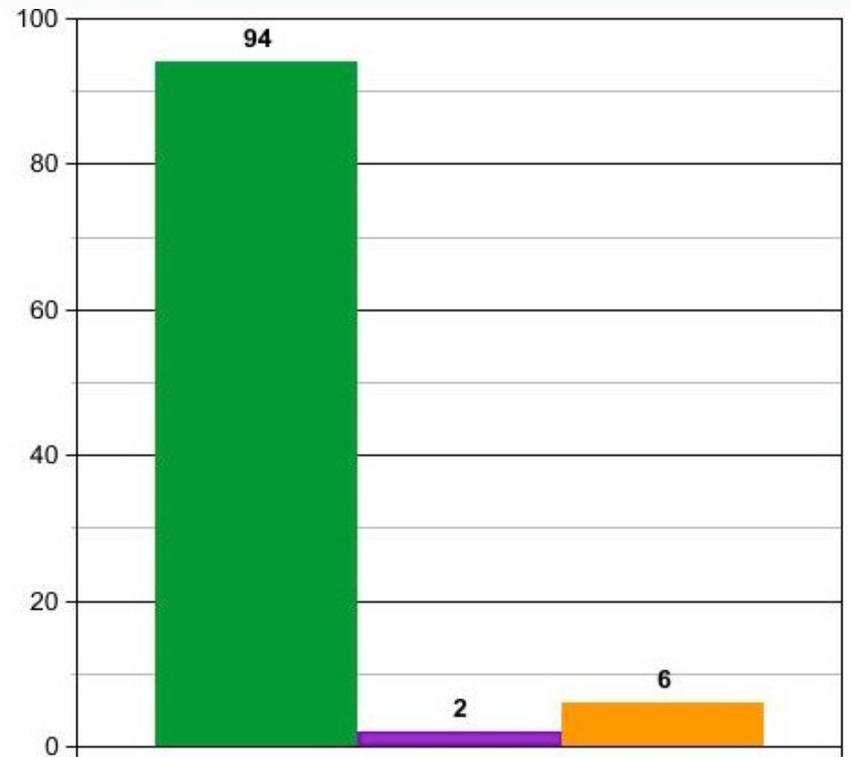
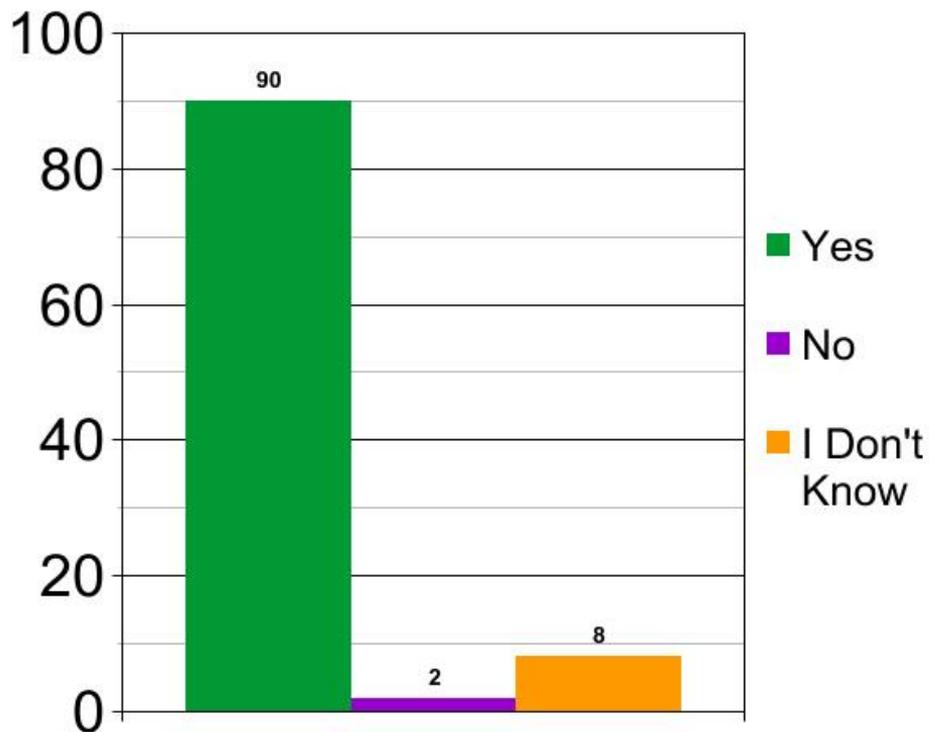
Are your expectations for your child realistic?



Are your parents expectations for you realistic?



# Do other parents in Davis pressure their children to succeed in academics?



# What do these results show?

We believe that these results show there is a prominent disconnect between how parents and their children interpret academic pressure to succeed. We encourage you to take a look because even if you don't think academic stress applies to you, it applies to all of Davis and has a huge present in this community. We would like students to look at these results and think how well they have communicated about pressure they receive from their parents. And parents, maybe consider if you pressure your child to succeed past the point of being helpful to stressful. Whether we like to acknowledge it or not, unhealthy stress is very common on our campus and talking to your parents or to your child is the first step to a happier and healthy student!