



## TIPS TO REGAIN BALANCE FOR STUDENTS, SCHOOLS AND FAMILIES

### What Parents/Guardians Can Do

- **Discuss** what success means to your family. Do your family's actions reflect your values?
- **Reduce** performance pressure.
- **Avoid** over-scheduling and allow time for play, family, friends, downtime, reflection and sleep.
- **Ask** your children how they are feeling and have conversations about their experiences in school.
- **Allow** your children to make mistakes and learn from them.
- **Know** the signs of childhood depression.
- **Attend** school board meetings and other venues where education is discussed and policies are established and reinforced.
- **Organize** other parents to join you. As a group, talk to your children's teachers, school administrators and attend school board meetings.
- **Discuss** with your child what path he/she may want to pursue after high school.
- **Make** the college search about finding the "right fit" rather than finding the "best" college. Finding the "right fit" will ensure college success and retention.
- **Allow** your high school children 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**, slow down and reflect on the important things in life and make time for things you enjoy.
- **Limit** AP classes to 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.
- **Participate** with students in other states advocating for change in education. See our Facebook page and website for details.
- **Request** student representation on the PTA and school board. Make sure to have a diverse group of students represented.

### What Educators Can Do

- **Become** knowledgeable about **research** in the area of homework and the importance of play and downtime.
- **Observe** what happens when you assign less **homework**.
- **Document** what happens when you **stop grading** homework.
- **Empower students** with more voice and choice in the classroom.
- **Find opportunities** to evaluate students without tests.
- **Advocate** for alternatives to standardized testing.
- **Teach** to your passions and develop projects that are student driven and engage them in learning.
- **Share your voice** on policies impacting education in your school community and at school board meetings.

- **Develop** a plan of action to create a positive and healthy educational environment that supports the whole child and recognizes the unique talents of every individual.
- **Consider** the way your school recognizes students and include opportunities for a broad range of young people to be recognized.

### What Administrators Can Do

- **Develop** a plan of action to create a positive and healthy educational environment that supports the whole child.
- **Advocate for students.** Listen to their needs and react accordingly. Be inclusive and address the diverse needs of your students.
- **Support** “multiple pathways” in school integrating academics with career and technical education.
- **Consider** a later start time for the school day in high school.
- **Address** sources of stress for children, educators and families.
- **Make** sure that elementary students have recess and older students have time for lunch.
- **Create** a homework task force to adopt policies and practices that are based on the research. Assign someone to ensure policies are followed.
- **Consider** making homework the exception rather than the rule.
- **Consider** the way your school recognizes students and include opportunities for a broad range of young people to be recognized.
- **Consider** block schedules to reduce the number of transitions and contacts for students and teachers.
- **Re-think AP** programs. Work closely with college admissions offices to share how your students are evaluated.
- **Ensure** that school websites are focused on school communications rather than grades.
- **Create** calendars to reduce overlapping demands and establish guidelines for test and projects immediately prior to or after holiday breaks.
- **Provide** opportunities for open communication between parents and students.

### What Coaches Can Do

- **Become** aware of demands on your athletes from academics, other activities and sports.
- **Become** aware of what is developmentally appropriate-physically, socially, cognitively and emotionally for the age group you are working with.
- **Become** aware of your athletes’ academic load.
- **Consider flexibility** around missed practices where young people and their families are navigating multiple demands.
- **Work** with school administrators and other schools in your leagues to encourage limitations on the number of hours each week for practice and games.
- **Create** opportunities for open communication between coaches, teachers, parents, students and the administrators in your school or district.

### What Medical Professionals Can Do

- **Recognize** the signs of youth stress: headaches, stomachaches, dizziness, chest pain and change in appetite and sleeping patterns.
- **Educate** parents on the signs of depression in adolescents.
- **Educate** young people on the medical implications of the use of stimulants and performance enhancing medications.
- **Educate** parents, coaches and young people on the risk of over-use injuries.
- **Educate** everyone on the importance of schools maintaining physical education classes and recess and the dangers of too much sedentary time spent at a desk or computer.