Identifying and Responding to Mental Health in Schools and the Effects on Student Achievement

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Identifying and Responding to Mental Health in Schools and the Effects on Student Achievement
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Test Anxiety
- Test Anxiety: a negative emotion or cognitive response to a situation where performance is being tested.
- Test and performance anxiety can affect up to 1/3 of students in school today.
- Test anxiety can be broken down into three components: cognitive, behavioral, and psychological.
- Identifying test anxiety and making an effort to address and aid students has proven to significantly reduce symptoms in adolescents.

Effects of Academic Stress
- **Physical:**
  - Sleep difficulty
  - Increased heart rate
  - Elevated blood pressure
- **Mental:**
  - More prone to anger
  - Higher anxiety
- **Social:**
  - Can exhibit antisocial behavior
  - Increased use of alcohol, drugs and tobacco

The Role of Schools in Identifying and Accommodating Mental Health
- Access to mental health care and building awareness.
- Mental health screening to identify struggling students.
- Resources (inside v outside) and addressing disparities.
- Educate communities on mental health to decrease stigma and create a positive environment for students to seek help.
- Experimental process and will change in order to best promote student success and wellness.