



Discussion points for: Facing Academic Stress

About this episode:

Four Year 11 students from St John's Regional College, Dandenong, and a student and family wellbeing officer discuss the causes and consequences of academic stress. They share their experiences with the pressure to do well and the expectations from family, peers and themselves. We talk about managing time and the impact of stress on mental health. The students share their thoughts on what they want to do career-wise.

We explore the topic of positive mental attitude and how having positive words in our heads can help us navigate through difficult times. The students share their perspectives on how to stay positive and focus on the future.

Discussion prompts

- What are some common causes of academic stress mentioned by the students in the podcast? How do these causes contribute to the pressure felt by students?
- How do expectations from family, friends, and oneself contribute to academic stress? In what ways can you manage these expectations effectively?
- The students in the podcast mentioned sacrificing sleep and social activities for studying. How do these sacrifices impact mental health and overall well-being? What strategies can you use to achieve a balance between academic responsibilities and personal life?
- The school counsellor mentioned the importance of self-awareness and managing stress levels. How can you increase their self-awareness and identify healthy coping mechanisms for managing academic stress?
- What role does peer pressure play in academic stress? How can students deal with the pressure to perform well academically while maintaining their mental well-being?
- The students discussed their career aspirations and the pressure to achieve a good mark or ATAR (Australian Tertiary Admission Rank). How does the focus on future career prospects contribute to academic stress? What strategies can students use to navigate career decisions while managing stress?
- The student counsellor mentioned the importance of seeking help when feeling overwhelmed or concerned about mental health. What resources and support systems are available to students who are struggling with academic stress? How can students access these resources effectively?
- The podcast highlighted the significance of maintaining a positive mental attitude and practicing self-motivation. How can students cultivate a positive mindset and motivation during challenging academic periods? What strategies can help students stay focused and resilient?
- The importance of physical activity, breaks, and mindfulness practices were discussed in relation to managing stress. How can incorporating these activities into a student's routine help alleviate academic stress? How can students encourage and prioritize self-care during demanding academic periods?
- Reflecting on the podcast discussion, what key insights or advice resonated with you the most? How can you apply these insights to better manage your own academic stress?