

Lesson 5: Handling Academic Stress

Grade 10 | Unit 2

GUIDING QUESTION:

How can you effectively manage academic stress?

Lesson Objectives

Students will complete the following exercises to answer the lesson's guiding question.

- ✓ **Learn:** Handling Academic Success Video Lesson
- ✓ **Discuss:** What are two new strategies you will implement in order to manage academic stress?
- ✓ **Reflect:** Handling Academic Stress Activity

Student Objectives

After completing Unit 2, students should be able to:

- ✓ Identify strategies to manage academic stress
- ✓ Identify the differences between pessimism and optimism
- ✓ Define and apply the SOLD Method for handling tough situations
- ✓ Utilize strategies to reduce feelings of loneliness and isolation

Competency and Standard

CASEL Competency

- Self-Management - The ability to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

Learning Standard and Benchmarks

- Identify and manage one's emotions and behavior.
- Analyze how thoughts and emotions affect decision making and responsible behavior
- Generate ways to develop more positive attitudes

Key Terms

Reframing

Academic Stress

Community Engagement

Unit Theme: Respect

Cultivating and encouraging a respectful classroom and school environment is crucial for students' success and wellbeing.

- ✓ Have your students brainstorm 5-10 ways they can show respect to themselves and 5-10 ways they can show respect to their peers, teachers, family members, and members of the community.
- ✓ Additionally, lead a class discussion on why it is important to not only show respect to others, but also ourselves.