



Post-Pandemic Stress and Academics

COVID-19 AND ACADEMIC STRESS

The American Psychological Association (APA) reports 81% of Gen Z teens (ages 13–17) have experienced more intense stress during the COVID-19 pandemic. The COVID-19 pandemic has had a significant worldwide impact on the lives of more than 1.6 billion students at its peak (UNESCO 2021) and their schooling.

The grief, anxiety and depression children have experienced during the pandemic is welling over into classrooms and hallways, resulting in crying and disruptive behavior in many younger kids and increased violence and bullying among adolescents. For many other children, who keep their sadness and fear inside, the pressures of school have become too great.



WHAT'S IN THIS WEEK'S ISSUE:

Understanding mental health
and academic related stress



“Being a teenager two years through a pandemic is a lot for our students to manage. The amount of loss of opportunities and experiences. In the mind of an adult it’s hard but we have a fully grown brain that can say there is going to be an end to this, but in a teenage brain that is not fully developed, that is their everything,”

-Amy Macechko, health and wellness coordinator for Talawanda Schools

How To Help



TIPS FOR PARENTS AND FAMILIES

- Communicate openly and honestly and remind your adolescent of their values.
- Supervise your adolescent to facilitate healthy decision-making.
- Spend time with your adolescent enjoying shared activities.
- Become engaged in school activities and help with homework.
- Volunteer at your adolescent's school.
- Communicate regularly with teachers and administrators.

RESOURCES

- P.A.T.H services through Rutgers School Based Program
- Children's Mobile Response and Stabilization Services (CMRSS) offer crisis de-escalation, safety planning and case management supports to children and families. Tel: 877-652-7624
- Rutgers Acute Psychiatric Services (APS) at Children's Crisis Intervention Services and Acute Psychiatric Services 671 Hoes Lane, Piscataway, NJ 08854 Tel: 855-515-5700



REFERENCES

<https://www.frontiersin.org/articles/10.3389/feduc.2021.719539/full>
<https://www.pewtrusts.org/en/research-and-analysis/blogs/stateline/2021/11/08/covid-harmed-kids-mental-health-and-schools-are-feeling-it>
<https://www.journal-news.com/news/pandemics-affects-on-student-mental-health-are-big-costly/113QSAYZZRFTLMHLRPZUMWILBM/>