

THE WELL-BALANCED STUDENT

DEFINING **SUCCESS**



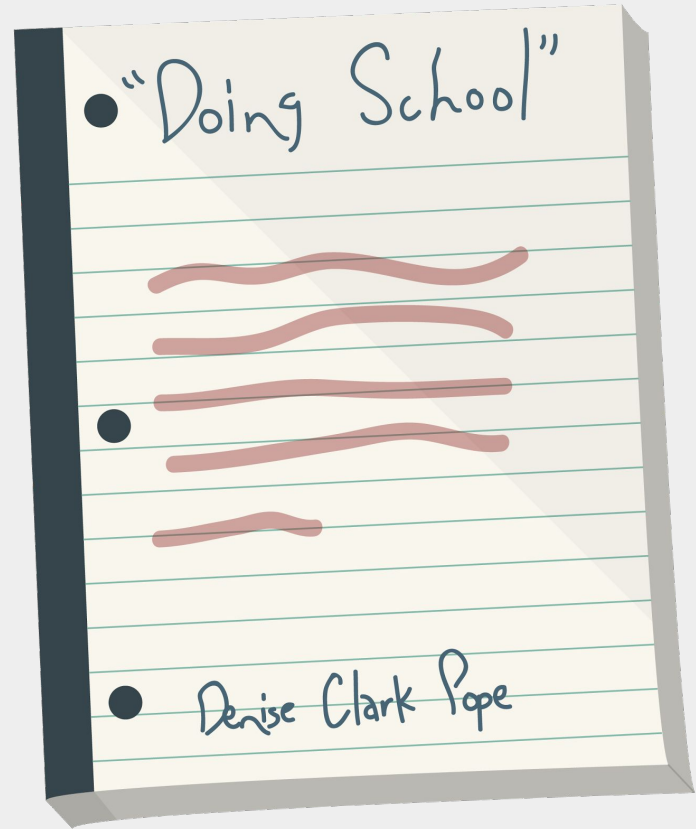
MEET ANN



DOING SCHOOL

“People don’t go to school to learn. They go to get good grades, which brings them to college, which brings them the high paying job, which brings them to happiness, or so they think.”

~ Kevin Romoni, Grade 10, Doing School



PATH TO SUCCESS



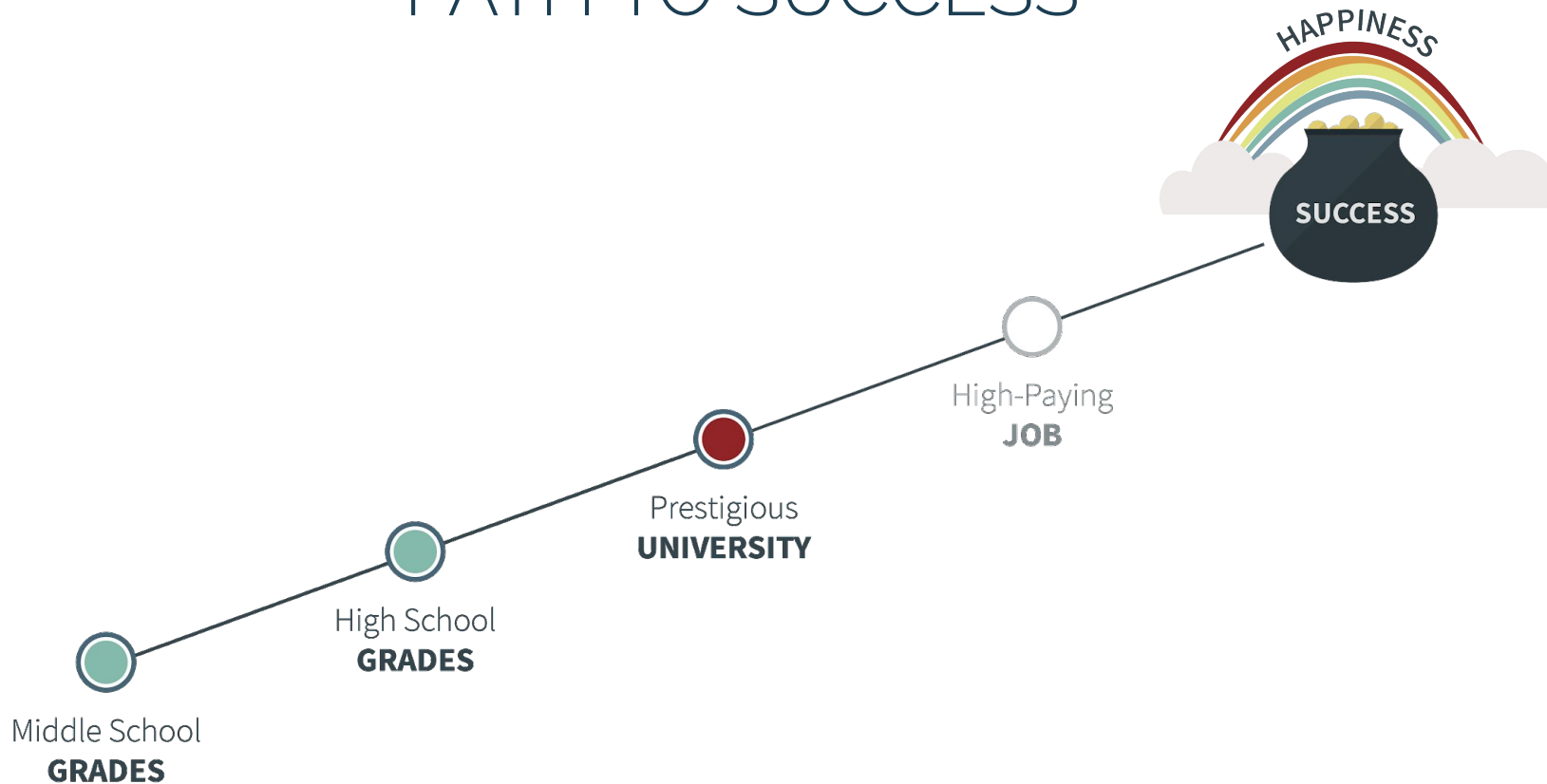
PATH TO SUCCESS

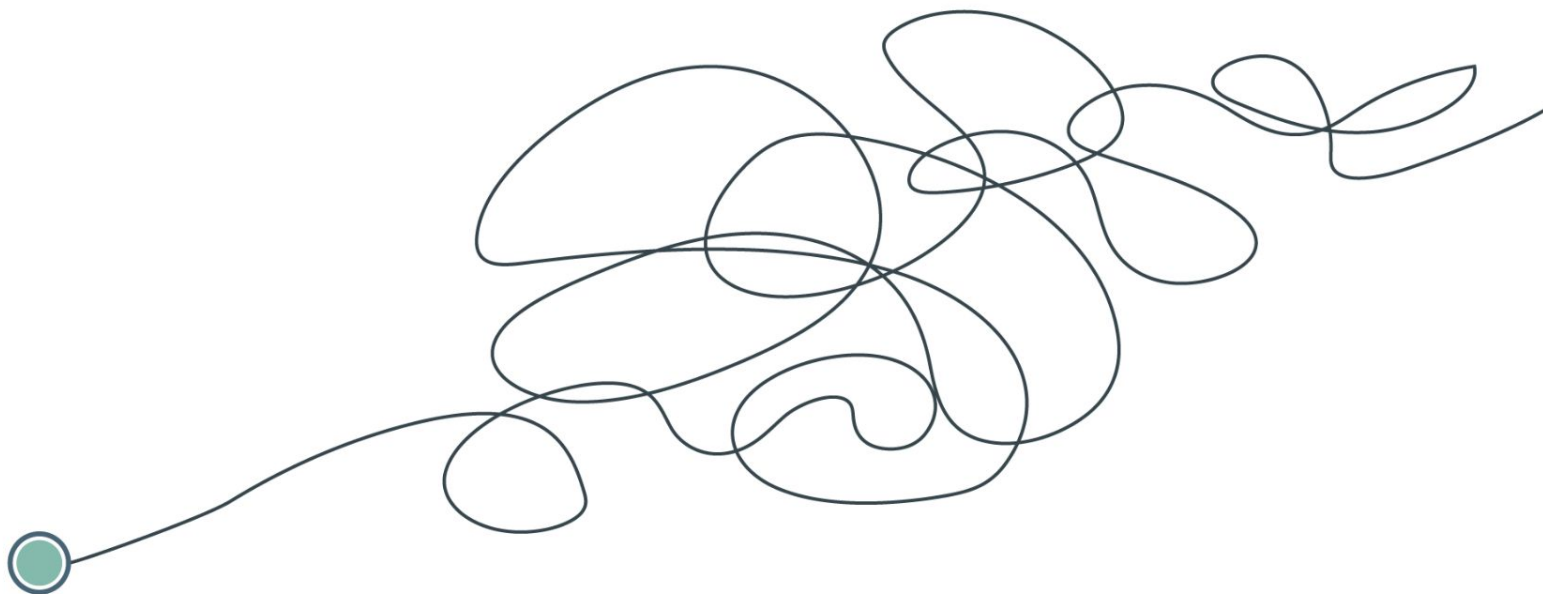


PATH TO SUCCESS

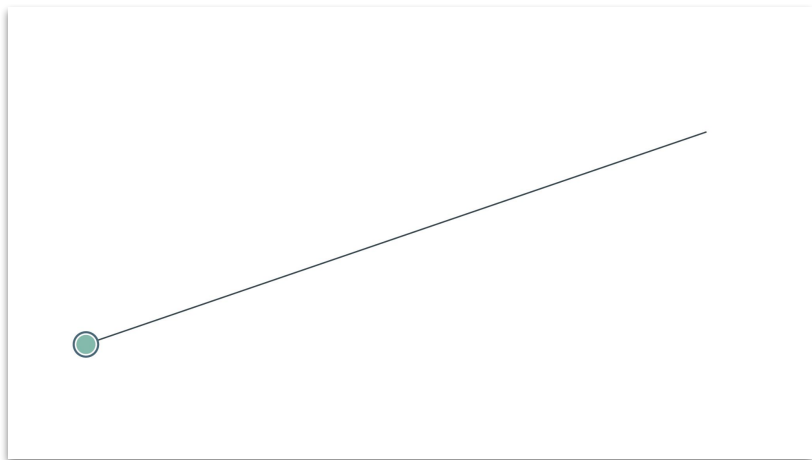


PATH TO SUCCESS

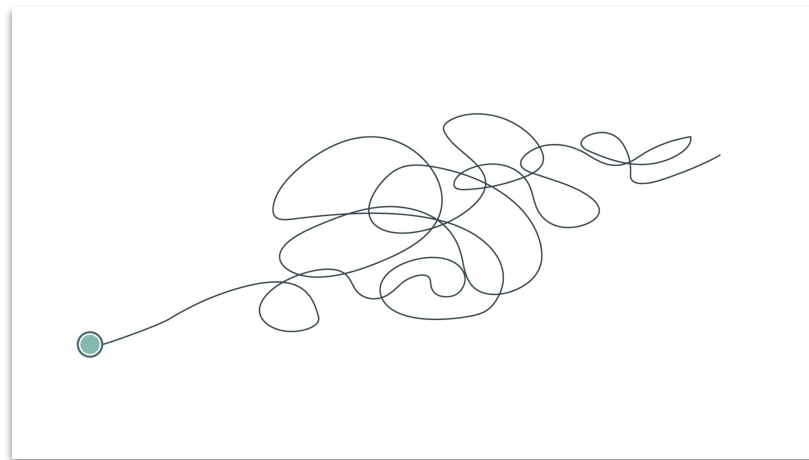




A



B



OUR DEFINITION OF SUCCESS



SURVEY

Completed by over **375,000** middle
& high schoolers at over **400** schools



HOMEWORK

Nightly homework load:

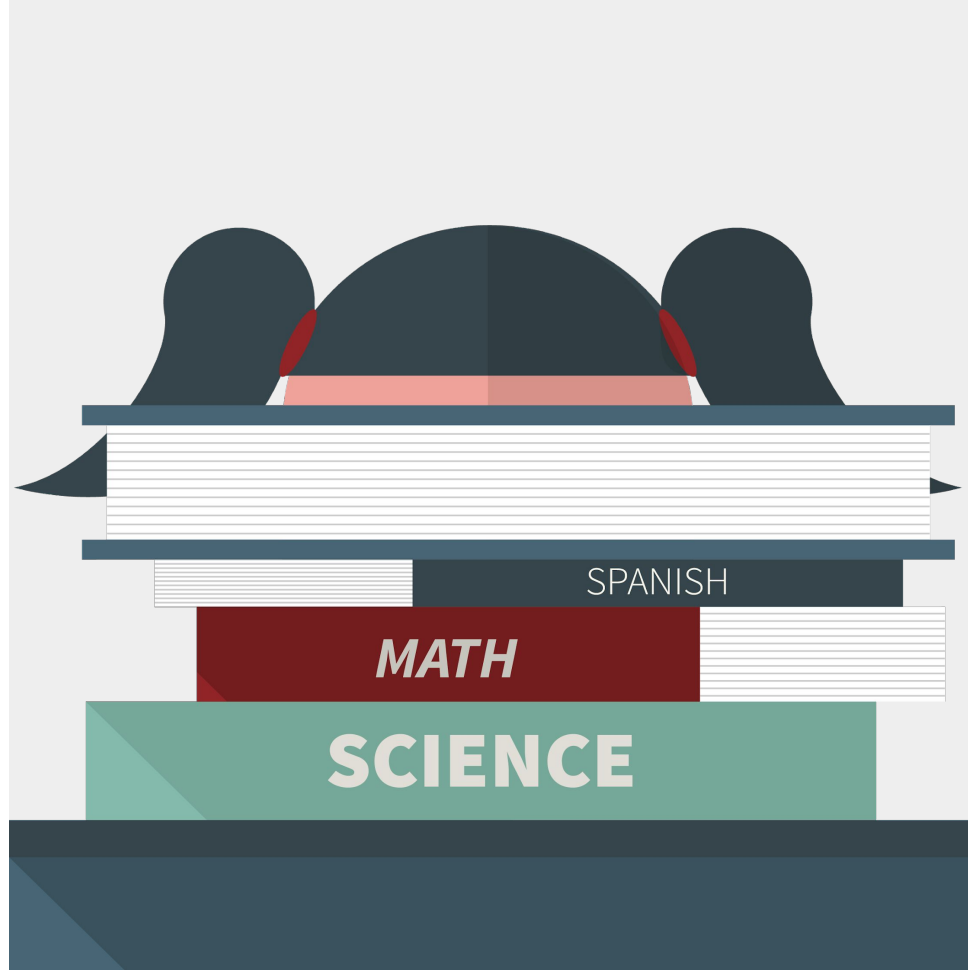
- » **Middle School Avg:** 1.7 hrs/night
- » **JJMS:** 1.5 hrs/night

% doing more than 3.5 hours/night

- » **Middle School Avg:** 10%
- » **JJMS:** 6%

% that perceive some-all HW as busywork

- » **JJMS:** 46%



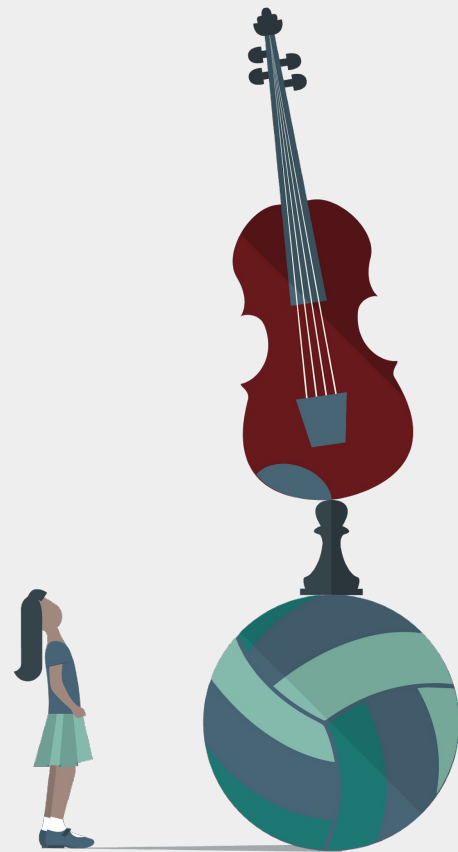
EXTRACURRICULARS

Avg hours of extracurriculars (M-F):

» **JJMS:** 6.4 hrs (0-32)

Avg hours among those “always stressed” by their extracurriculars

» **JJMS:** 9.2 hrs

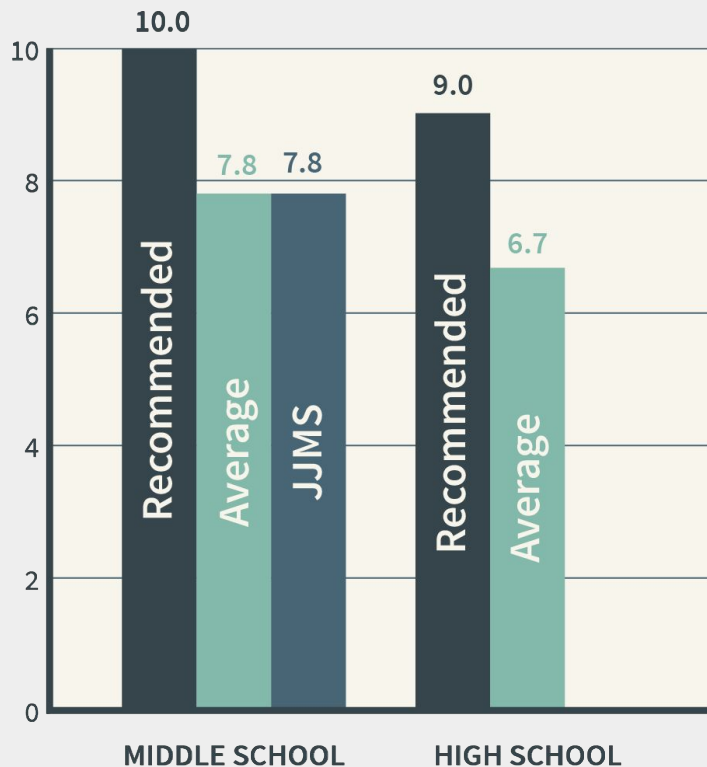


SLEEP

Consequences of Sleep Deprivation:

- » Depression & anxiety
- » Issues with short/long-term memory
- » Bullying
- » Car accidents
- » Other

Hours Spent Sleeping Each Night



SLEEP

8th graders that sleep with
phone in bedroom (68%)

7.2
hours/night

8th graders that sleep with
phone in another room (32%)

7.9
hours/night

CHEATING

Report cheating in past month:

JJMS: 75%

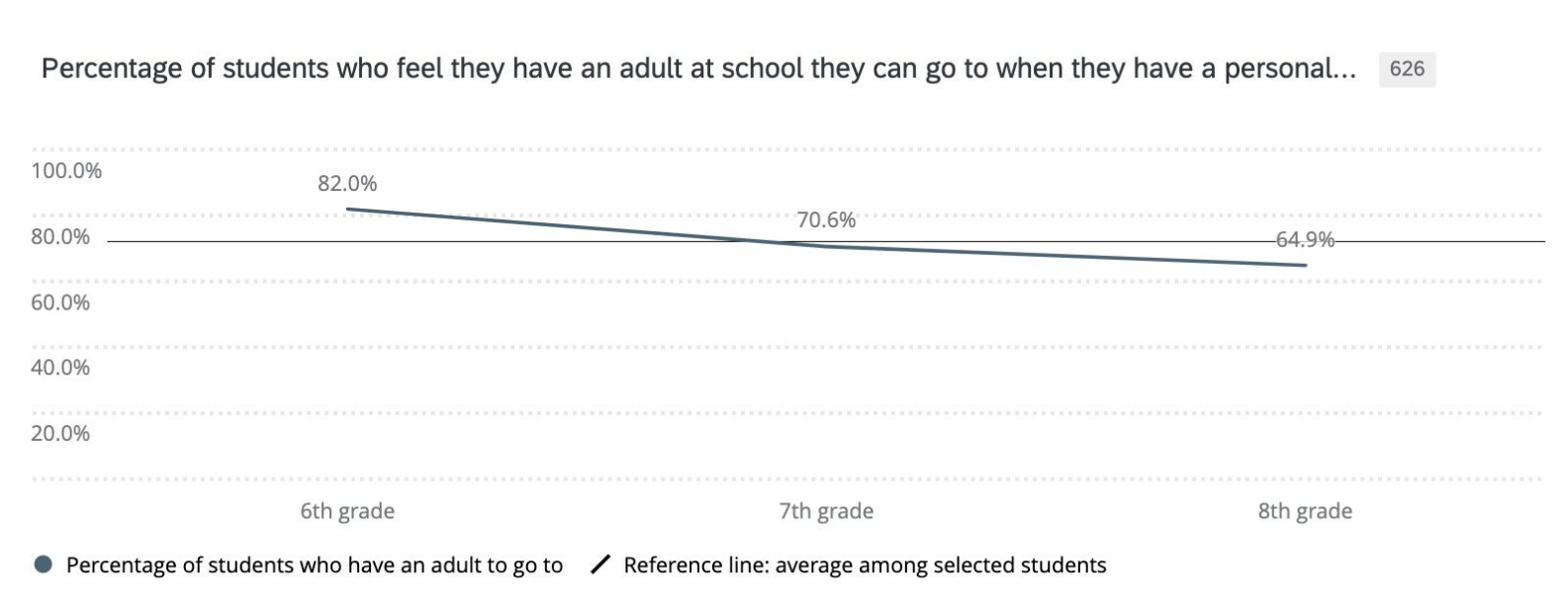
Used a chatbot (e.g., ChatGPT)

JJMS: 11%



TEACHER CARE & SUPPORT

74% have an adult to go to with a **personal problem** (most choose counselor 1st)



TEACHER CARE & SUPPORT

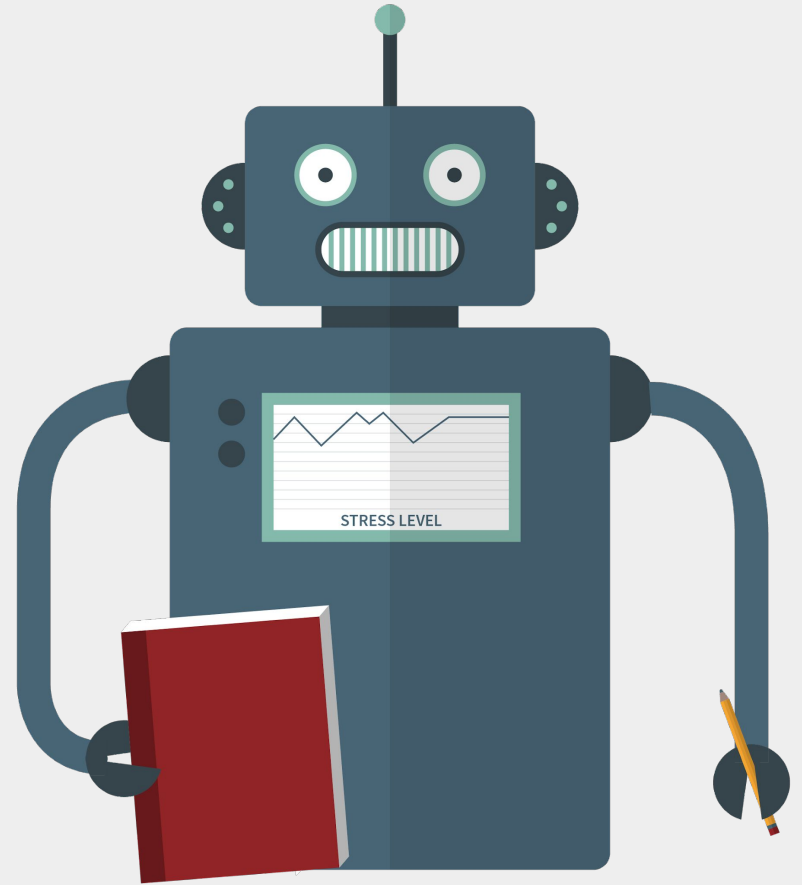
74% have an adult to go to with a **personal problem** (most choose counselor 1st)

70% feel most-all teachers “**really care about students**”

82% think some-all teachers would help them if they were **going through a hard time**

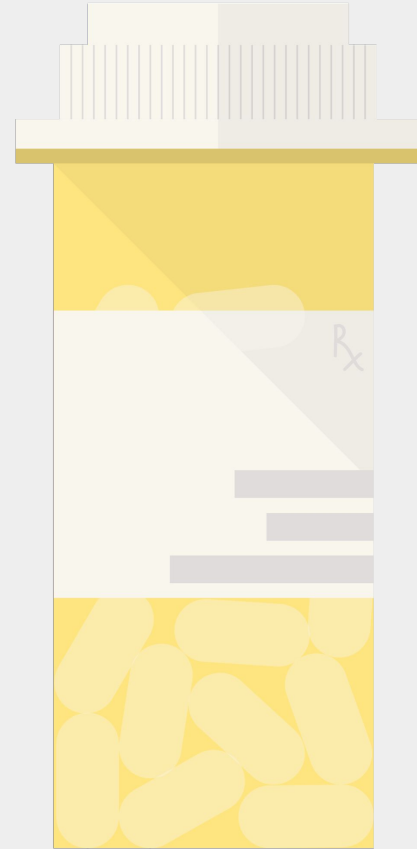
OTHER RISKS

- » Undeveloped **21st century skills**
- » Lack of **resilience**
- » Challenges with **mental health**



HEALTH TOLLS

- » Sleep deprivation
- » Anxiety and depression
- » Lack of resilience
- » Substance use
- » Other debilitating disorders

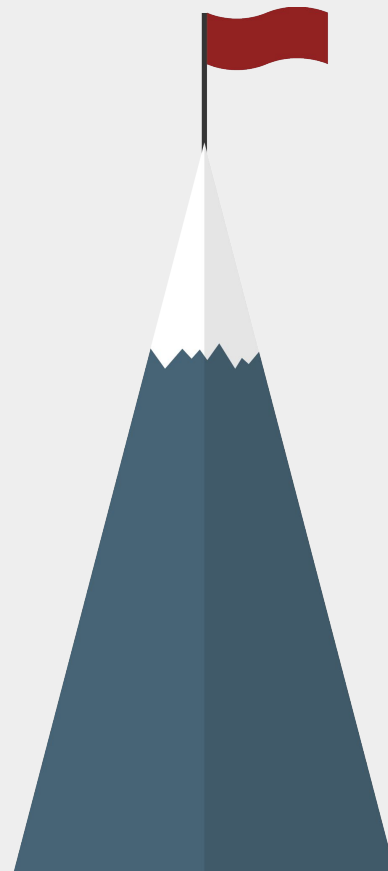




Is it possible to have balance in today's high-pressured culture?

OUR MISSION

Challenge Success partners with school communities to elevate **student voice** and implement **research-based, equity-centered strategies** that improve **student well-being, belonging, and engagement.**



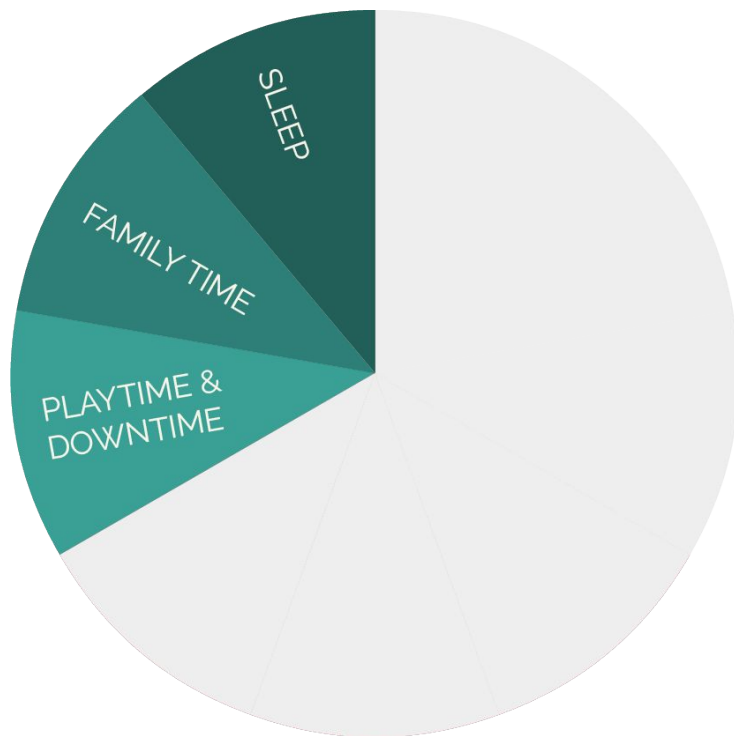
HOW KIDS SPEND THEIR TIME



HOW KIDS SPEND THEIR TIME



PDF



PLAYTIME



DOWNTIME



DOWNTIME

(SLEEP!)

Establish a **consistent** routine

No media in **30-60** minutes before

Wind down with calm activities
(reading, shower, stretching, etc)



FAMILY TIME

Ideally, **25 minutes a day, 5 days a week**

Avoid scheduling during **dinnertime**

Preserve time for **family traditions** and **service activities**

Designate **unplugged time** together

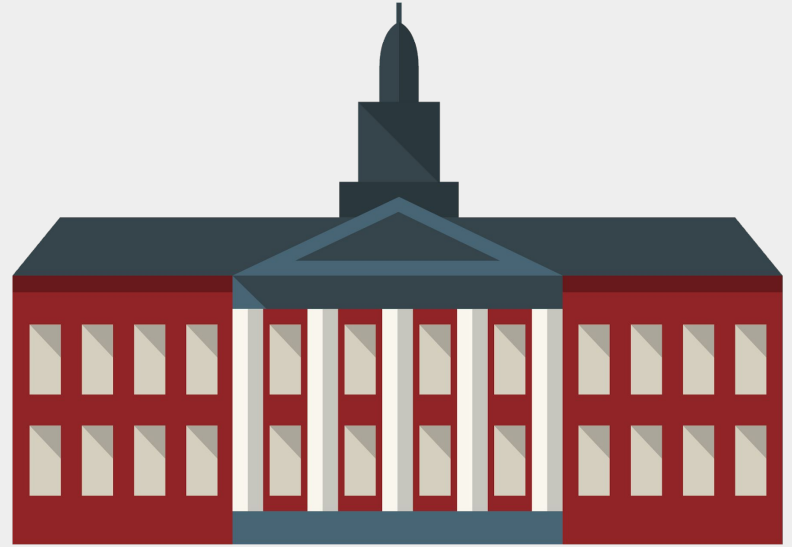


With respect to encouraging
playtime, downtime, and family time,
what is something you are currently doing well?

ELEPHANT IN THE ROOM

Much of high school stress is driven by the belief that:

1. There are a **few highly selective colleges**, and they are **impossibly hard** to get into.
2. Success and happiness **depend on** getting into one of them.



HOW you go to college



WHERE you go to college

October 2018

A “FIT” OVER RANKINGS

Why College Engagement Matters More Than Selectivity

CHALLENGE
SUCCESS

challengesuccess.org/research/

STRATEGIES

- » Define success on your terms
- » Examine subtle messages
- » Avoid overscheduling (PDF)
- » Limit media/screen time
- » Debunk the college myths



MAKE A SPECIFIC COMMITMENT

FAMILY TIME

We will eat together as a
family at least __ nights
every week

MAKE A SPECIFIC COMMITMENT

FAMILY TIME

We will eat together as a family at least __ nights every week

REMOVING PHONE

Our family will charge our phones outside our bedrooms at night

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DEFINING SUCCESS

I will share my definition of "success" with my child and asks about theirs

QUESTIONS



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