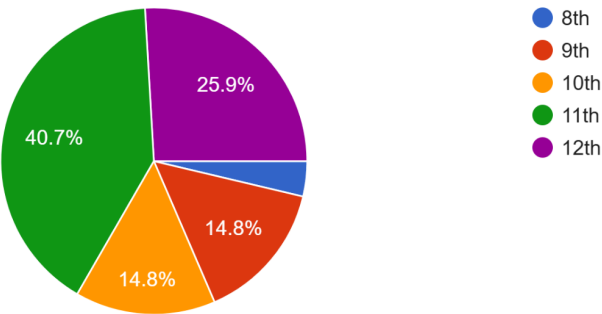


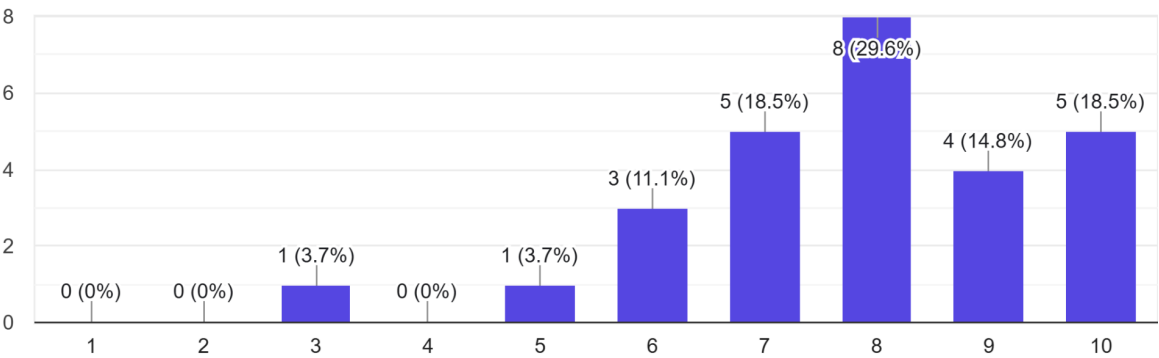
1. What grade are you in?

27 responses



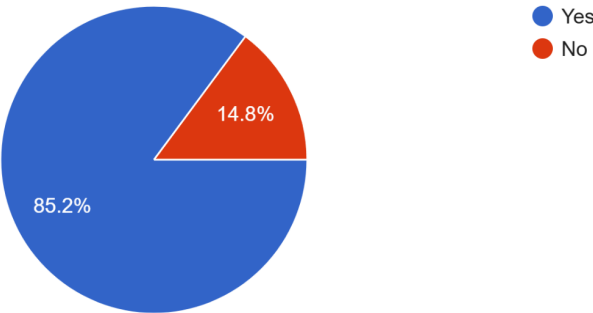
How much do you think your grades will affect your life after you leave school

27 responses



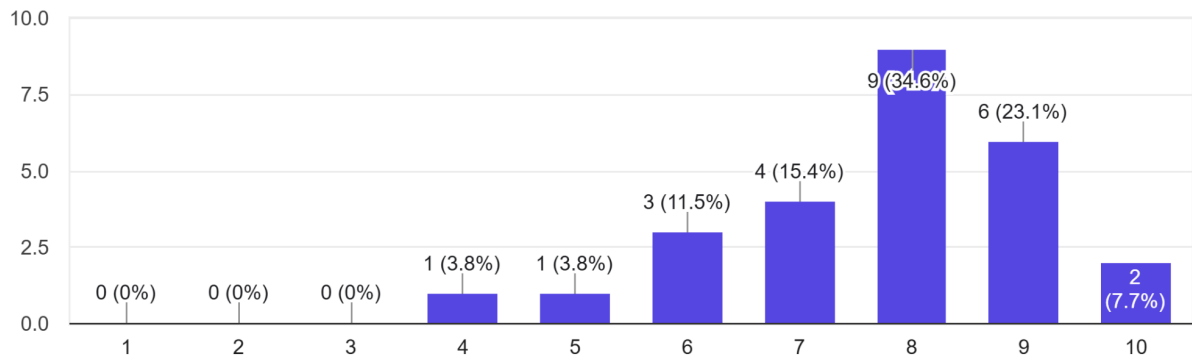
Do you generally know how well your friends are doing in school

27 responses



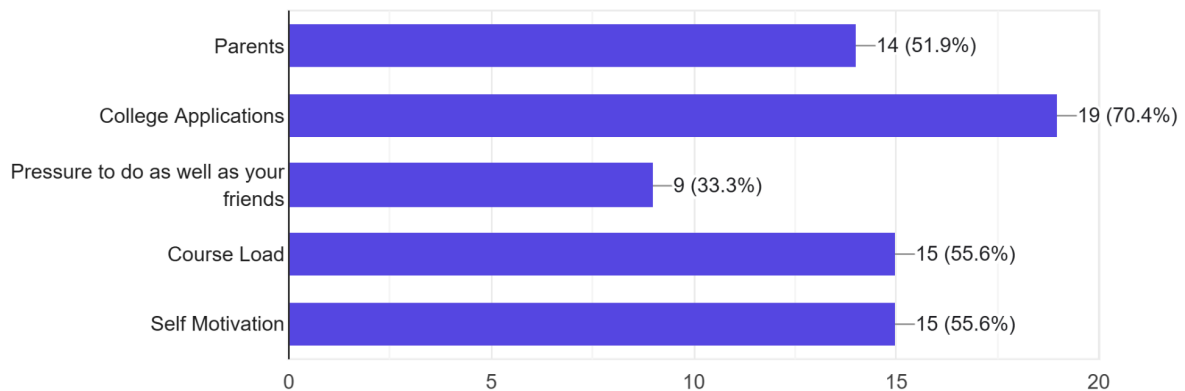
How much academic pressure do you currently feel on a regular basis?

26 responses



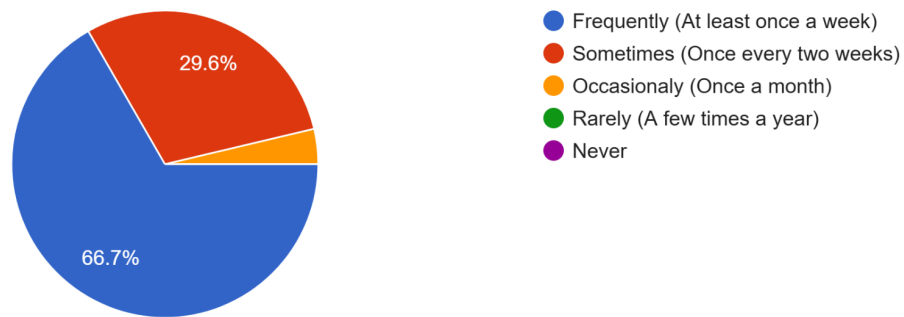
Where do you feel the majority of this academic pressure comes from?

27 responses



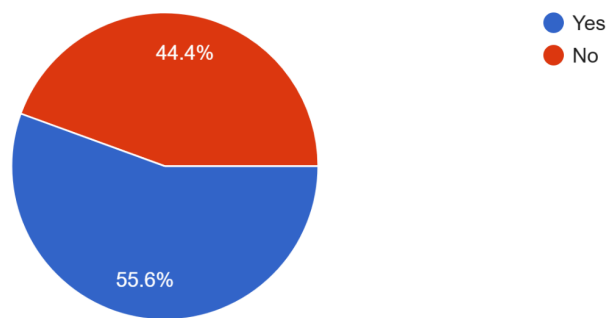
How often does studying or homework negatively affect your life? (Examples include sleeping past 12 AM, skipping social events, feeling sick, worse mental health)

27 responses



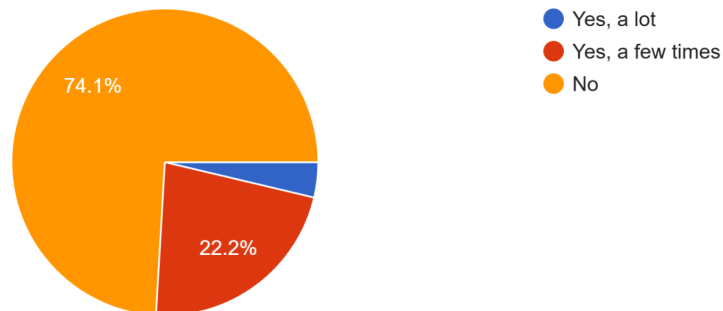
Do you think that focusing on your mental health will negatively affect your grades, college applications, or careers?

27 responses



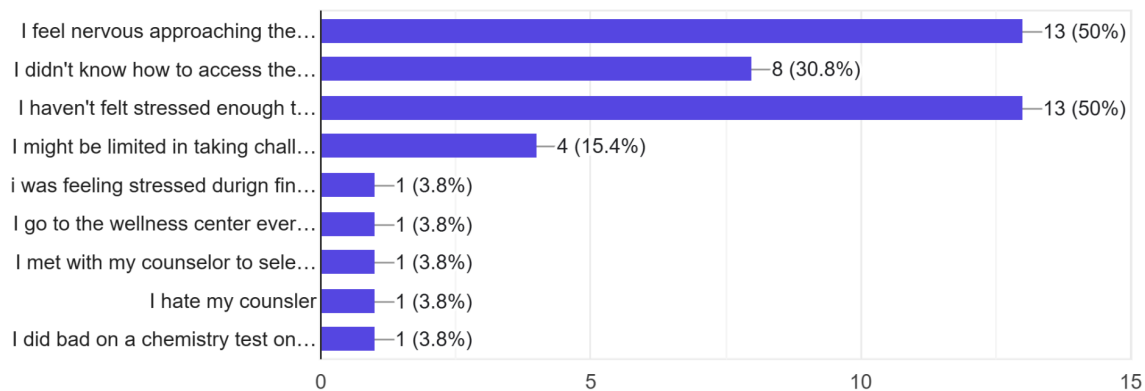
Our district offers counselors and wellness programs. Have you ever used these resources specifically to manage school related stress?

27 responses



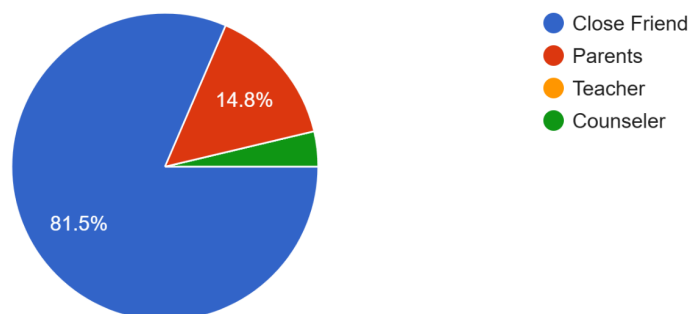
If you selected a no/a few times, why?

26 responses



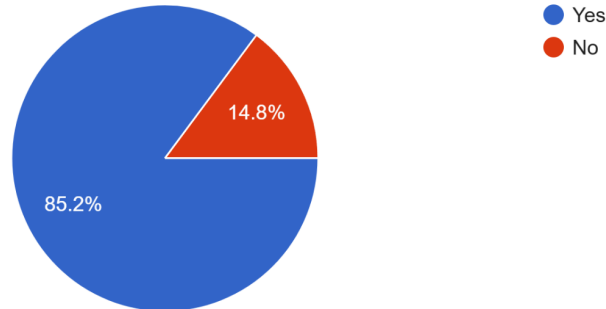
If you felt stressed or overwhelmed, who would you most want to talk to:

27 responses



If a friend handed you a quick, student-made guide with facts about college admissions realities and tips for managing stress, would you be open to reading it?

27 responses



Peer-Led Mental Health

Made by an Emerald High Student & Based on Research

Your Friends are stressed - you can help them

Contact me at 925-872-9630 if you want more info



Grades & College

Your teachers might say that grades don't matter much

While they do matter, colleges look at the whole story

- Getting into a good college is possible with low grades
- Most careers don't care where your diploma is from, they care about your ability
- You only can go through high school once, so

Enojy It

In crisis or worried about a friend right now? Call or text 988 (Suicide & Crisis Lifeline) — free, confidential, 24/7.

How to Help

Is your friend withdrawn, tired, or skipping activities?



Talk To Them +

Students are much more likely to listen to other students

- Just asking them how things are going can help
- Encourage good sleep and relaxing with friends
- Don't feel embarrassed, it can just be a simple check in