

ACCORDING TO THE STRESS IN AMERICA SURVEY 83% OF STUDENTS REPORT SCHOOL a sOURCE OF STRESS. WHO ARE THESE STUDENTS? AND WHAT ROLE DOES STRESS REALLY PLAY IN THEIR LIVES?

I'M ALEX CROOKSHANKS AND THIS IS .....AN INSIDE PERSPECTIVE.

[START MOHIT]

I THINK STRESS IS WHEN YOU KINDA FEEL WORRIED OR ANXIOUS ABOUT SOMETHING COMING UP

[END MOHIT]

[START KILEY]

YOU'RE THINKING ABOUT ALL I HAVE THIS TO DO I HAVE THIS TO DO AND YOU LIKE REALIZE ALL THE THINGS THAT YOU HAD TO DO AND IT JUST LIKE IN MOBILIZES YOU BECAUSE YOU JUST REALLY IT'S OVERWHELMING

[END KILEY]

[START KALEA]

AND YOU KIND OF LIKE LOSE THE ABILITY TO PRIORITIZE AND REALLY LIKE JUST THINKING STRAIGHT. REALLY GETTING A GRIP ON LIFE KIND OF THING

I THINK IT AFFECTS ME LIKE PRETTY DEEPLY I DEFINITELY HAVE LIKE A BASELINE LEVEL OF STRESS SO I'M USUALLY LIKE PRETTY STRESSED MOST OF THE TIME. BUT I KNOW THAT WHEN IT AFFECTS ME I KIND OF SNAP AT PEOPLE I AM A LITTLE BIT MORE DISTANT WITH MY FRIENDS I'M A LITTLE BIT MORE SARCASTIC AND BRUTAL

[STOP KALEA]

[START KILEY]

THE OVERWHELMING FACTOR THAT I TALKED ABOUT EARLIER WHERE YOU KNOW YOU GET SO OVERWHELMED THEN LIKE YOU CAN'T REALLY DO ANYTHING A KIND OF JUST LIKE MAKES ME TIRED AND I PERFORM LIKE LESS AT MY JOB AND ALL THAT STUFF AND SO I THINK LIKE OVERALL IT'S GETTING ME - THIS IS REALLY NEGATIVE I'M SORRY- IT'S GIVING ME LIKE A LESSER LIFE EXPERIENCE TO BE SO STRESSED ABOUT SCHOOL LIKE IN GENERA

[END KILEY]

[START KALEA]

SOME PEOPLE GET REALLY EASILY STRESSED OUT JUST FROM DEADLINE SOME PEOPLE GET STRESSED OUT JUST FROM EVERYTHING I KNOW I GET REALLY STRESSED OUT JUST BECAUSE I HAVE A LOT OF THINGS TO DO

I'M IN BAND AND I LIKE I SAID I'M IN HILITE. I'M ALSO INVOLVED IN HOUSE AND I'M SECRETARY OF ASIAN AMERICAN ALLIANCE AND SO THOSE ARE JUST LIKE A HANDFUL OF THINGS THAT KIND OF LIKE SPLIT UP YOUR TIME

[STOP KALEA]

[START MOHIT]

TYPICALLY FOR ME IT'S ABOUT STUDYING FOR TESTS BECAUSE I PERSONALLY TAKE A LOT OF AP CLASSES SO THERE'S A LOT OF WORK INVOLVED I OBVIOUSLY WANT TO BE SUCCESSFUL AND SOMETIMES I KNOW THAT SOMETIMES WHAT I'M DOING NOW MAY NOT BE ENOUGH TO BE AS SUCCESSFUL

AS I WANT TO BE SO I TRY TO PUSH MYSELF AS MUCH AS POSSIBLE AND I GUESS THAT DOES ADD STRESS

[END MOHIT]

[START KALEA]

A CERTAIN AMOUNT OF STRESS CAN MOTIVATE YOU TO DO BETTER, BUT I THINK FOR A LOT OF US IT CAN BE PRETTY DANGEROUS ESPECIALLY KIDS THAT HAVE A LOT OF EXTRACURRICULARS AND THAT ARE IN AP CLASSES THAT DO FACE LOT OF PARENTAL PRESSURE IT CAN BE REALLY HARD AND IT CAN BE A REALLY BAD THING

[STOP KALEA]

[START MOHIT]

WHEN I WAS TALKING TO SENIORS THEY WERE WORRIED ABOUT COLLEGE APPLICATIONS. AND FRIENDS THAT ARE ALSO SOPHOMORES AND JUNIORS THEY ARE WORRIED ABOUT GOOD GRADES ON TESTS AND DOING WELL ON AP EXAMS.

[END MOHIT]

[START KILEY]

IF YOU JUST LOOK AT LIKE SOCIAL MEDIA LIKE MEMES AND TRENDS IT'S ALL ABOUT LIKE YOU KNOW LIKE HOW CAN I GET OUT OF SCHOOL LIKE PEOPLE EYES JOKE ABOUT WANTING TO DIE AND I KNOW THAT'S KIND OF LIKE SORT OF A TABOO THING THE PEOPLE THAT THE MILLENNIALS THAT'S LIKE A HUGE THING AMONGST US AND I THINK A LARGE PART OF THAT COMES FROM SCHOOL

[END KILEY]

[START KALEA]

I THINK THE WAY THAT IT CURRENTLY MANIFESTS A LOT OF US IS REALLY  
REALLY BAD IT'S KIND OF DANGEROUS ALMOST FOR A LOT OF US.

[STOP KALEA]

[START KILEY]

I THINK THE PEOPLE WHO ARE GOOD AT HANDLING SCHOOL I DON'T THINK  
THEY EXIST  
BUT OBVIOUSLY THERE ARE PEOPLE WHO CAN BALANCE IT BETTER BUT THOSE  
PEOPLE EVEN TO HAVE A LOT OF LIKE INTERNAL STRESS

[END KILEY]

[START KALEA]

I DON'T THINK PEOPLE ARE WORKING IN HIGH SCHOOL FOR THE SAKE OF  
WORKING IN HIGH SCHOOL I THINK PEOPLE ARE WORKING AT HIGH SCHOOL  
FOR THE SAKE OF COLLEGES.

[STOP KALEA]

[START KILEY]

WHAT INDIVIDUALS CAN DO LIKE A SPECIALLY TEACHERS IS TRY TO MAKE  
THEIR CLASSES MORE LIKE LEARNING BASED RATHER THAN MERIT-BASED SO  
LIKE INSTEAD OF BEING LIKE "IN ORDER TO GET THIS GRADE IN MY CLASS NEED

TO DO THIS THING JUST FOCUS ON MAKING SURE THE KIDS ACTUALLY WANTS  
TO LIKE KNOW THINGS ABOUT YOUR CLASS

[END KILEY]

[START KALEA]

UNDERSTAND THAT STUDENTS AREN'T JUST WORKING ALL THE TIME YOU  
KNOW THAT THEY ARE PEOPLE AND YEAH YOUR APPLICATION HAS A LOT OF  
THINGS ON THERE BUT LIKE IF YOU'RE NOT A HEALTHY PERSON IF YOU DON'T  
TAKE CARE OF YOURSELF YOU'RE GOING TO BURN OUT AND I DON'T THINK  
THAT'S WORTH ANY COLLEGE ADMISSION

[STOP KALEA]

FOR 91.3 WHJE THIS HAS BEEN ALEX CROOKSHANKS. TO LISTEN TO MORE WORK  
LIKE THIS OR MORE EPISODES OF AN INSIDE PERSPECTIVE VISIT OUR WEBSITE  
AT WHJE.COM