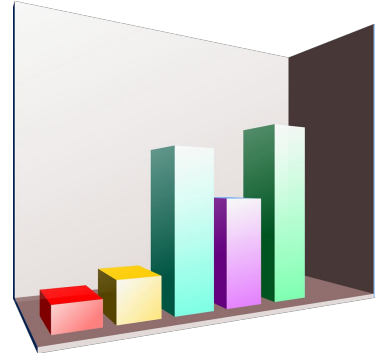


Preparing for High School and Beyond (HEAP Resource, 2012)

For many young people, high school is a stressful time in their lives. Your task is to collect information about the things young people can do to handle the stresses of high school and beyond.



Research: You should interview at least FOUR high school students. They may be your friends, older siblings, and/or their friends. If you cannot find four students to interview, ask your teacher to put you in contact with a teacher from the local high school and ask that teacher to help you recruit students to interview. At least one of the students you interview must be a senior. You may interview them in person, over the phone, or with a written survey. You may also use e-mail. Ask each student the following questions:

- What have been the major sources of stress (academically, personally, and socially) while you have been in high school?
- Which stressors affected you in a negative way? What were the negative effects of these stressors?
- How did you deal with these stressors?

Analysis/Presentation of Data: When you have completed your interviews, write a report summarizing the results of your interviews. Your report should contain the following:

- Descriptions of the stressors students have faced and the effects of these stressors on the students.
- A discussion of possible health-related effects (different from those given by students) of stress. These should include both short-term and long-term effects. • Descriptions of the coping strategies students used.
- Descriptions of positive coping strategies for stress. You may have to go to health textbooks, the library, or the Internet for this information.

Answers will be scored on the following:

1. How completely and correctly you demonstrate an understanding of health concepts.
2. How well you describe positive ways of managing stress.