

CRITICAL THINKING EXERCISE 2.1

Teenage Stress

Stephanie Franks, MS, Berkshire Local Schools, Ohio

CONCEPT

This activity will have students read three articles about teen stress. Students taking a high school class are teens, and this activity should be relatable to their lives, may validate the levels of stress they may be experiencing, and will have students question whether or not their own stress levels parallel or even exceed an adults'. Using retrieval practice in class is a great way to help students remember what they have learned and better embed the information into their memory. A brain dump is an effective way to have students engage in retrieval practice.

MATERIAL

- Student Worksheet, *Teenage Stress*
- Articles:
 - » [6 Reasons Why Your Teen's Life is More Stressful than your Own](#) (Nicholls, 2017)
 - » [APA Survey Shows that Teen Stress Rivals that of Adults](#) (APA, 2014)
 - » [Common Triggers of Teenage Stress](#) (Smith, 2020)

INSTRUCTIONS

- This activity will take 25-30 minutes to complete.
- Have students complete the *Teenage Stress* Worksheet, go over responses, and lead a small group or whole class discussion.

Discussion Questions for Students

- Do you think teens might have more stress than adults? What evidence from the readings lead you to this conclusion?
- Were the authors objective about the topic? Was there any information that was overemphasized or left out?
- What do you think are your biggest stressors as a teen?
- Do you feel that teachers/parents understand/empathize with the stress you have?
- Do you think there are global, national, local stressors unique to your teenage years that have made you experience stress? What are these and how have they had an impact on you?
- Other thoughts/reflections?

The "Brain dump" idea came from Dr. Pooja K. Agarwal (Agarwal, 2017)

References

- Agarwal, P. K. (2017, November 30). *Brain dumps: A small strategy with a big impact*. Retrieval Practice: Unleash the Science of Learning. <https://www.retrievalpractice.org/strategies/2017/free-recall>
- American Psychological Association. (2014). *American Psychological Association survey shows teen stress rivals that of adults*. <https://www.apa.org/news/press/releases/2014/02/teen-stress>
- Nicholls, J. (2017, May 15). 6 reasons why your teen's life is more stressful than your own. *Washington Post*. <https://www.washingtonpost.com/news/parenting/wp/2017/05/15/6-reasons-your-teens-life-is-more-stressful-than-your-own>
- Smith, K. (2020, November 24). *6 common triggers of teenage stress*. PSYCOM. <https://www.psychom.net/common-triggers-teen-stress>

TEENAGE STRESS WORKSHEET

Read [6 Reason's Why Your Teen's Life is More Stressful than your Own](#) (Nicholls, 2017)

Brain dump (write down everything you remember from the article above) for 90 seconds:

Read [APA Survey Shows that Teen Stress Rivals that of Adults](#) (APA, 2014)

Brain dump (write down everything you remember from the article above) for 90 seconds:

Read [Common Triggers of Teenage Stress](#) (Smith, 2020)

Brain dump (write down everything you remember from the article above) for 90 seconds:

CONCLUSIONS

Do you think teens might have more stress than adults? What evidence from the readings lead you to this conclusion?

Were the authors objective about the topic? Was there any information that was overemphasized or left out?

What do you think are your biggest stressors as a teen?

Do you feel that teachers/parents understand/empathize with the stress you have?

**Do you think there are global, national or local stressors unique to your teenage years that have made you experience stress?
What are these and how have they had an impact on you?**

Other thoughts/reflections?