

## Questions Young People Can Ask Themselves:

- » Am I finding myself bored in standard classes?
- » Do I feel pressured by my school, peers or my parents to take AP classes?
- » Am I challenging myself enough?
- » Knowing that AP classes require more memorization, do I enjoy that?
- » Do I have extracurricular activities I want to get involved in?
- » It is harder to get high grades in AP classes, can I live with lower grades or much more work?
- » Do I think I am not smart if I choose not to push myself past my limits?
- » Do I love stretching my mind and learning new things?

## Need to Talk About Getting Caught In Academic Overload?

Use this brochure to start a conversation.

Be thoughtful and realistic when planning course schedules! Some students thrive with packed schedules while others do not.

Go on-line to [hopeworkscentral.org](http://hopeworkscentral.org) for useful decision-making tools and information or call:

HopeWorks at  
(860) 561-1175, ext. 0  
or e-mail us at  
[hopeworks@snet.net](mailto:hopeworks@snet.net).

*Contributions to HopeWorks*  
We rely on the generosity of people like you in order to continue offering our services.  
All contributions are gratefully accepted.

2/2009

## Striking a Wise Academic Balance



90 North Main Street  
West Hartford, CT 06107  
(860) 561-1175  
E-mail [hopeworks@snet.net](mailto:hopeworks@snet.net)  
[www.hopeworkscentral.org](http://www.hopeworkscentral.org)

*Providing hope and help to  
young people and their families  
through counseling, education  
and community outreach.*

*Paper Intervention(TM) Brochure*



## Choosing Wisely In High School Planning

The high school years are challenging; socially, emotionally and academically. Striking the right balance requires thought. While not being academically stimulated is problematic, we have seen some young people collapse under the weight of too many super-demanding courses.

### Academic Overloading Can Lead To:

Panic attacks

Deep discouragement

Feeling betrayed by self and others

Impaired academic performance

Insomnia

Mental health issues

## Warning Signs That the Workload May Be Unmanageable:

Increased anxiety

Disturbed sleep, too little or too much

Drop in grades

Expressions of hopelessness

Steep decline in ambition



"Freaking out"  
(feeling overwhelmed)

## Questions Parents Can Ask Themselves:

∅ Does my child want to take AP or Honors courses?

∅ Do they understand how much more work AP or Honors classes require of students?

∅ Is my child expressing frustration and boredom with standard classes?

∅ Is my child looking forward to the challenge of harder classes

∅ Does he or she have good study habits in place?

∅ Do we accept that our children's other interests may have to take a back burner in order to manage the load of AP or honors classes?

∅ How is our child at managing stress?

∅ Is our decision about AP classes being driven by the competitive college admissions process?

