CHALLENGE SUCCESS

THE WELL-BALANCED STUDENT

Jennifer Coté, School Program Director
DEFINING SUCCESS

How do you define success?

What are characteristics of a successful person?

What do you value most?
Our Origin Story
People don’t go to school to learn. They go to get good grades, which brings them to college, which brings them the high paying job, which brings them to happiness, or so they think.

Kevin Romoni, Grade 10, Doing School
PATH TO SUCCESS

Middle School
GRADES

High School
GRADES

Prestigious
UNIVERSITY

Lucrative
CAREER

SUCCESS

HAPPINESS
SURVEY

Completed by over 180,000 middle & high schoolers at over 200 schools

Questions include items on:
- Academic engagement
- Physical and mental health
- Homework
- Academic worry
- Beliefs about teacher care/support
- Stress and ways to alleviate it
ST. JOHN’S SCHOOL: 3 WORDS

supportive  nice  hard  welcome  intense  helpful
challenging  good  care  inclusive  busy  difficult
intellectual  encourage  smart  elite  stressful
academic  community  friendly  interesting  competitive
rigorous  enjoyable  educational  prestigious

HOMEWORK

Nightly homework load:

Middle School Avg: 2.1 hrs
High School Avg: 3.1 hrs
St. John’s Avg: 2.9 hrs

% doing more than 3.5 hours/night

Middle School: 15%
High School: 30%
St. John’s: 31%

Juniors at St. John’s average 27 hrs/wk
(both school and non-school)
EXTRACURRICULARS

90% in at least 1 extracurricular

Avg number of hours in extracurriculars:

- **Middle School**: 6.9 hrs/week (0-32)
- **High School**: 10.5 hrs/week (0-35)
- **St. John’s**: 11.4 hrs/week

Two largest areas of involvement:

- **Sports**: 78.5%
- **Community Service**: 69.4%
SLEEP

Consequences of Sleep Deprivation:

- Depression & anxiety
- Issues with short & long-term memory
- Bullying
- Car accidents
- Sports Injuries
- Other

Highly recommend reading *Why We Sleep* by Matt Walker

![Bar chart showing hours spent sleeping each night for middle and high school students. Recommended hours are 10.0 hours for middle school and 9.0 hours for high school. Average hours are 7.8 for middle school and 6.7 for high school. St. John’s students average 6.9 hours, and St. John’s Parents average 7.5 hours.](chart.png)
Report cheating in past month:

**Middle school:** 81%

**High school:** 87%

63% of **MS students** and 72% of **HS students** worked together when asked for individual work

**More than half of students** view this as “not cheating” or “trivial”

Report cheating in past month at **St. John’s:** 61.3%
ACADEMIC TOLLS

Lack of **creativity**

Inability to solve **complex problems**

Not prepared with **21st century skills**
HEALTH TOLLS

**Sleep** deprivation

Lack of **resilience**

**Anxiety** and **depression**

**Bullying**

**Drug abuse**

Other debilitating **disorders**
CHECK-IN

What stands out to you?
What questions or concerns do you have?
What do you wonder?
Is it possible to have balance in today’s fast-paced culture?
OUR MISSION

Challenge Success partners with schools, families, and communities to embrace a **broad definition of success** and to implement research-based strategies that promote **student well-being** and engagement with learning.
WHAT PARENTS CAN INFLUENCE

- School
- Homework
- Payed work
- Chores
- Media
- Unstructured time
- Family time
- Sleep
- Extra-curriculars
PLAYTIME

Preserve chunks of unstructured time

Rank extracurriculars with 1-10 tool

Consider regular playdates/get-togethers

Allow for social lives
DOWNTIME

Permit time to chill/rest/rejuvenate

Allow moderate doses of screen time

Encourage self-directed relaxation (reading, music, etc..)
FAMILY TIME

Protective factor

Avoid scheduling during dinnertime

Preserve time for family traditions and service activities

Designate unplugged time together
PDF provides breathing room and protective factors for kids of all ages
**STUDENTS’ SCHEDULE & USE OF TIME**
- Schedule
- Transitions
- Exams
- Test calendar
- Homework

**PROJECT & PROBLEM-BASED LEARNING**
- Relevance
- Rigor
- Student voice & choice

**ALTERNATIVE & AUTHENTIC ASSESSMENT**
- Revision & redemption
- Grading policies

**CLIMATE OF CARE**
- Social-emotional learning
- Advisory
- Positive coping strategies

**EDUCATION**
- Parents
- Students
- Faculty

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PROTOCOLS TO ENGAGE STUDENT VOICE

/ I Wish Campaign
/ Dialogue Night
/ Fishbowl
/ Shadow Day
/ Digital Storytelling
STRATEGIES FOR PARENTS

Define success on your terms
Examine subtle messages
Avoid overscheduling (PDF)
Limit media/screen time
Honor health and well-being
Model engagement & integrity
Debunk the college myths
Engage in dialogue & advocacy
PAIR SHARE

What is one take-away for you as a parent?
How can we build in more PDF as families?
STAY ENGAGED

Check out our Book

School Program: Conferences, coaching

Professional Development: Live & video

Surveys

Parent Education: Live and video

Research and Resources: White papers on College Fit, APs, HW; Book recommendations: “Do You Know?” stats
Success

what people think it looks like

Success

what it really looks like
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