

DAVIS HIGH SCHOOL PTA FEBRUARY 6, 2008 PARENT EDUCATION NIGHT  
**THE HOW, WHAT, WHY AND WHERE OF STRESSED OUT TEENS**

SUGGESTED RESOURCES FROM WILL WALLACE AND STEWART TEAL

BOOK RESOURCES:

Alexandra Robbins, *The Overachievers: The Secret Lives of Driven Kids*

A portrait of high-achieving teens as they navigate the SAT and college application process. The author makes suggestions as to ways to alleviate students' stress.

Marilee Jones & Kenneth R. Ginsburg, *Less Stress, More Success: A New Approach to Guiding Your Teen Through College Admissions and Beyond*

Written by a college admissions dean and a pediatrician, the authors suggest strategies for encouraging achievement not perfectionism, for approaching the college admissions process and for alleviating stress.

ADDITIONAL WEB RESOURCES:

<http://www.nimh.nih.gov/health/topics/index.shtml>

The National Institute of Mental Health maintains a website with useful information on a variety of topics. Follow links to topics of interest.

<http://www.aacap.org/page.ww?name=Resources+for+Families&section=Resources+for+Families>

The American Academy of Child and Adolescent Psychiatry presents a website on mental health issues. Follow links to topics of interest.

<http://susanohanian.org>

Susan Ohanian, longtime teacher and journalist maintains a website on articles related to children and education. Click on Research that Counts for a variety of related research. Most particularly, check out article "The Other Adolescent Suicide" for a discussion of the tragic aftermath of zero tolerance policies, achievement tests, and excessive expectations that have led to stress-induced suicide.

SUGGESTED READING FROM STANFORD UNIVERSITY DEPT. OF EDUCATION'S  
RESEARCH PROJECT--STRESSED OUT STUDENTS  
<http://www.stanford.edu/dept/SUSE/sosconference/index.htm>

**On School/Community Change:**

Denise Pope, *Doing School : How We Are Creating a Generation of Stressed Out, Materialistic, and Miseducated Students*

Madeline Levine, *The Price of Privilege*

Deborah Stipek, *Motivated Minds: Raising Children to Love Learning*

Katherine Simon, *Moral Questions in the Classroom: How to Get Kids to Think Deeply About Real Life and Their Schoolwork*

William Damon, *The Youth Charter: How Communities Can Work Together to Raise Standards for All Our Children*

Deborah Meier, *In Schools We Trust: Creating Communities of Learning in an Era of Testing and Standardization*

Nel Noddings, *The Challenge to Care in School: An Alternative Approach to Education*

Ted Sizer, *Horace's Hope: What Works for the American High School*

Thomas Toch, *High Schools on a Human Scale*

Sam Intrator, *Tuned in and Fired Up: How Teaching Can Inspire Real Learning in the Classroom*

Sara Bennett and Nancy Kalish, *The Case Against Homework*

**On Parenting/Mental Health:**

Wendy Mogel, *The Blessing of a Skinned Knee*

Alvin Rosenfeld, *The Over-Scheduled Child: Avoiding the Hyper-Parenting Trap*

David Elkind, *The Hurried Child: Growing Up Too Fast Too Soon*