Generalized anxiety disorder (GAD) If your child has generalized anxiety disorder, or GAD, he or she will worry excessively about a variety of things, which may include but are not limited to these issues:

• Family problems

• Relationships with peers

• Natural disasters

• Health

• Grades

• Performance in sports

• Punctuality

Typical physical symptoms:

• Fatigue or an inability to sleep

• Restlessness

• Difficulty concentrating

• Irritability

11 THINGS THAT COULD BE CAUSING YOUR CHILD STRESS AT SCHOOL

1. Upcoming tests

Many students worry about getting a good grade or simply making time to study if there is more than one upcoming test. Test stress doesn’t just affect struggling students, either—high-achievers usually experience a lot of stress about doing well on tests.

1. Too much homework

When your child is overwhelmed or frustrated by homework, it makes it harder for him or her to complete assignments. This can cause a stressful cycle where homework piles up and your child doesn’t have the time or energy to complete it all—leading to even more stress.

1. A heavy workload

Whether it’s advanced-level classes or the amount of studying required, a heavy workload can be a major source of stress for students. This is especially common for older high school students as they start making their post-secondary plans.

1. Lack of organization

Students with poor organizational skills tend to experience more stress in school. This is usually because they aren’t properly prepared with the tools or the understanding needed to learn. If those organization skills don’t improve they may continue to fall behind, leading to more stress and frustration about school.

1. Too little “down time”

Students with busy schedules can quickly become overwhelmed because they are left with no free time to relax. As your child progresses from elementary school to high school, the amount and difficulty level of schoolwork increases—and students without good time management skills can experience even more stress.

1. Poor sleep schedule

Not getting enough sleep makes it difficult for students to concentrate and learn effectively. This can lead to feelings of stress for your child when he or she isn’t able to perform well in class or on assignments. In fact, studies have shown that students who don’t get the required 8-10 hours of sleep each night are more likely to feel stressed than students who do.

1. Participating in class

For many children, the thought of getting called on in class and speaking in front of their classmates can be terrifying. This can be particularly true if your child struggles to keep up in a subject or area (common examples are math and reading).

1. Lack of support

A lack of support from parents or teachers, even if it’s only perceived, can add a lot of stress to students. They may feel that a lot is expected of them, but that they don’t have a strong enough support system (whether emotional or practical) to achieve their goals. This is another cause of stress can affect high-achieving students in particular.

1. Transitioning to a new environment

Making a major move can be a stressful time for many students, whether it’s starting at a new school or making the transition from elementary school to high school. New classes, new teachers, and new routines can all be stressful for students, and take time to adjust to.

1. Classes that are too hard

As they progress through school and start taking more advanced classes, the increased difficulty can cause stress for students. This is very common for teens entering their high school years. As classes get harder, it’s important to address challenges early so your child can catch up before he or she falls too far behind.

1. Changes to routine

A routine including dedicated homework time and a consistent sleep schedule helps guide students through their day. When changes to the usual routine start to happen, your child may find it more difficult to manage his or her time, leading to more stress.

School, family, society and environment are considered major causes of academic stress, which threaten to disrupt students’ daily functioning.  In school too much home-works, pressure of exams, poor academic performance, grade competition with friends, poor interpersonal relationship with teachers and friends,  heavy contents to master in a limited time, unscientific academic evaluation procedure, imbalanced curriculum and extra-curricular activities, high student-teacher ratio, non-conducive physical environment of classrooms, unhealthy teacher-student interaction, irrational rules of discipline, ineffective teaching methodology, indifferent attitude of teachers, over emphasis on weaknesses rather than strength of students, poor reading habits and time management of students, lack of the student’s interest in a particular subject, the teacher’s corporal punishments and high expectations of teachers, parents and student himself/herself are agonies for students. It is true that parents and schools play a significant role in the cognitive, social and emotional development of children through socialization, cultural and societal norms and values that can prepare them for tomorrow.  They are, therefore, supposed to be aware of their children’s behaviors, interests, abilities, and emotions.

It is true that high aspirations and negative attitudes lead to mental disorder, depression, stress and even suicide among students. Therefore, parents and schools should let the children go ahead as per their interests and abilities without imposing their interests on their minds.