

Sample A – Course Writing

Understanding Stress

One buzzword commonly used when discussing mental health is **stress**, understanding stress allows us to **leverage it** and **use it** to our advantage. As you will see, it's **essential** to learning.

We all experience stress in our day to day lives, childhood is no exception to this rule. But **where does stress come into the question of learning?** Fortunately, psychologists and neurologists have conducted the studies and answered the question. We have compiled the **research** to share with you.

There are **two** main types of stress, **acute** (short term) and **chronic** (long term). We respond to different types of stress by **triggering different chemicals** in the brain. Research has shown that both have significant effects on **learning, memory, and performance**.

Stressors' impact on the body can be observed. Acute stress is shown to increase sweating, heart rate, and the release of energy stores. Therefore, an **overly** stressful environment will lead to **faster burnout**. One important hormone involved in stress regulation is cortisol, cortisol suppresses the immune system, so another downside of **chronic** stress can increase the risk of illness.

There is very little evidence linking chronic stress and learning, in fact, it is usually quite disruptive. Emotional neglect and stress overexposure in early childhood disrupts the body's feedback systems that **re-establish stability** after a stressful experience. So in short, **chronic stress** stops the **body and brain** from being able to **recover** after a difficult experience, i.e. learning.

Impact on Learning

Stress affects **brain arousal**, which in turn affects **attention** levels. The best attention, focus, and learning is observed when children are in an **intermediate arousal state**, which falls somewhere between disinterested and falling asleep, and hyperactive and agitated. This is the **stress dilemma**, hyperactive children focus on the task and **distractions** with equal attention, and disinterested children focus on **nothing**. **Intermediately stressed children respond to the task but not the distractions**. Figure 5.1 below outlines this phenomenon. Notice in simple tasks with little cognition required performance and stress are strongly correlated.

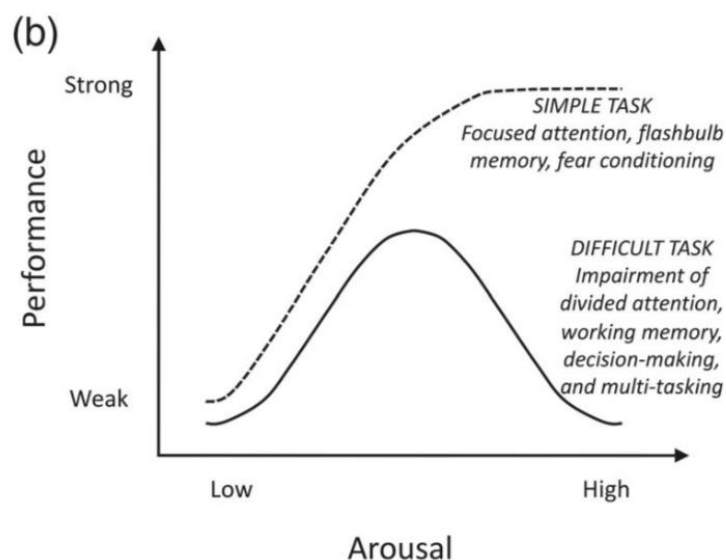


Fig 5.1 - The relationship between arousal and performance for difficult tasks like learning.

	A	B	C	D	E	F	G	H	I	J	K
1	School #	School Name	Council/District	Exam Group	Exam Type	Gender	GCSE Attainment 8	A-level Progress Score	Basic Information	Exam Site	Data URL
134	134	Sir Joseph Williams	Medway	qi	CEM E/M/VR	Boys	66.5	0.01	Sir Joseph Williamson's Mathematics		https://www
135	135	The Rochester Grammar	Medway	ql	CEM E/M/VR	Girls	69	-0.22	Rochester Grammar School often abbrevi		https://www
136	136	Ermysted's Grammar	North Yorkshire	yi	GL E/VR/NVR	Boys	71.5	0.03	Ermysted's Grammar School is an 11-		https://www
137	137	Ripon Grammar	North Yorkshire	yili	GL VR/NVR	Mixed	72.5	0.14	Ripon Grammar School is a co-educat		https://www
138	138	Skipton Girls' High	North Yorkshire	yiv	GL M/E/VR	Girls	71.2	0.05	Skipton Girls' High School, founded in		https://www
139	139	Ilford County High	Redbridge	ki	CEM	Boys	75.5	0.1	Ilford County High School is a selectiv		https://www
140	140	Woodford County High	Redbridge	ki	CEM	Girls	78.8	-0.19	Woodford County High School For Gir		https://www
141	141	Hershel Grammar	Slough	ri	CEM	Mixed	74	-0.06	Herschel Grammar School is a co-educ		https://www
142	142	Langley Grammar	Slough	ri	CEM	Mixed	73.5	0.04	Langley Grammar School is a co-educ		https://www
143	143	St Bernards Catholic	Slough	ri	CEM	Mixed	72.7	-0.45	St Bernard's Catholic Grammar School		https://www
144	144	Upton Court	Slough	ri	CEM	Mixed	71.9	-0.3	Upton Court Grammar School is a fully		https://www
145	145	Greenshaw High	Surrey	si	GL SET Stage	Mixed	50	0.13	Greenshaw High School is a coeducat		http://www
146	146	Nonsuch High School	Surrey	si + siv	GL SET Stage	Girls	80.7	-0.13	Nonsuch High School is an all-girls' gra		http://www
147	147	Sutton Grammar	Surrey	si + sliii	GL SET Stage	Boys	81.2	0.06	Sutton Grammar School is a selective		http://www
148	148	The Tiffin Girls' S	Surrey	sii	GL STYLE TIFFI	Girls	85.1	0.02	The Tiffin Girls' School is an all-girls s		https://www
149	149	Tiffin School	Surrey	sii	GL STYLE TIFFI	Boys	77.7	0.22	Tiffin School is a boys' grammar schoo		https://www
150	150	Wallington County	Surrey	si + siv	GL SET Stage	Boys	77.4	-0.03	Wallington County Grammar School is		http://www
151	151	Wallington High	Surrey	si + siv	GL SET Stage	Girls	79.4	-0.07	Wallington High School for Girls is an		http://www
152	152	Wilson's School	Surrey	si + sliii	GL SET Stage	Boys	82.9	0.12	Wilson's School is a boys' grammar sc		http://www
153	153	Altrincham Grammar	Trafford	ti	CEM TGSCC	Boys	78	0.21	AGSB is a selective grammar school pr		https://www
154	154	Altrincham Grammar	Trafford	ti	CEM TGSCC	Girls	78.6	0.1	Altrincham Grammar School for Girls,		https://www
155	155	Loreto Grammar	Trafford	tii	GL Loretto T	Girls	73.3	0.01	Loreto Grammar School is an all-girls		https://www
156	156	Sale Grammar School	Trafford	ti	CEM TGSCC	Mixed	72	0.1	Sale Grammar School is a grammar sc		https://www
157	157	St. Ambrose College	Trafford	tiiii	SAC Test VR	Boys	69.1	-0.21	St Ambrose College is a Christian Bro		https://www
158	158	Stretford Grammar	Trafford	ti	CEM TGSCC	Mixed	67.8	-0.06	Stretford Grammar School is a gramm		https://www
159	159	Urmston Grammar	Trafford	ti	CEM TGSCC	Mixed	70	-0.18	Urmston Grammar, is a co-educational		https://www
160	160	Alcester Grammar	Warwickshire	wi	GL	Mixed	73.3	0.07	Alcester Grammar School is a co-educ		https://www
161	161	King Edward VI School	Warwickshire	wi	GL	Boys	78.7	0.26	The Grammar School of King Edward		https://www
162	162	Lawrence Sheriff	Warwickshire	wi	GL	Boys	74.7	0.18	Lawrence Sheriff School is a boys' gra		https://www

1	School #	School Name	Postcode Priority 1	Postcode Priority 2	Catchment Area ORIGINAL
2	5	Kendrick School	RG1, RG2 0, RG2 6, RG2 7	RG2 9, RG4 9, RG5 4, RG6 1	P1:RG1, RG2 0, RG2 6, RG2 7,
3	6	Reading School for Boys	RG1, RG2, RG4, RG5, RG6	-	https://www.reading-school.s
4	13	Handsworth Grammar School for Boys	b44 9, b44 8, b43 7, b42 1	-	https://www.handsworth.bha
5	14	King Edward VI Aston School	b75 6, b75 5, b74 4, b74 1	-	https://www.keaston.bham.s
6	15	King Edward VI Camp Hill School for Boys	b5, b9, b12, b10 0, b10 9	-	https://www.camphillboys.bh
7	16	King Edward VI Camp Hill School for Girls	b5, b9, b12, b10 0, b10 9	-	https://www.kechg.org.uk/_si
8	17	King Edward VI Five Ways School	b67, b68, b66, b17, b32, 1	-	https://view.publitas.com/kin
9	18	King Edward VI Handsworth School	b75 6, b75 5, b74 4, b74 1	-	https://kingedwardvi.bham.s
10	24	Beaconsfield High School	SL1, SL0, SL2, SL3 6, SL6 0	-	https://www.beaconsfieldhigh
11	27	Dr. Challoners Grammar School	HP16, HP7, HP6, HP5, HP1	-	https://dcgs.app.box.com/s/q
12	29	John Hampden Grammar School	SL6, SL7, HP27 0, HP14, H	-	https://bucks council.maps.ar
13	32	Sir Henry Floyd Grammar School	HP18, HP19, HP22, HP20	-	https://sirhenryfloyd.s3.amaz
14	46	Bournemouth School	BH1,BH2 , BH3 , BH4 , BH	-	BH1,BH2 , BH3 , BH4 , BH5 , F
15	47	Bournemouth School for Girls	BH1 to BH11, BH12 5xx, B	-	BH1 to BH11, BH12 5xx, BH2:
16	48	Parkstone Grammar School	BH12, BH13, BH14, BH15	-	BH12, BH13, BH14, BH15, BH

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Kent	Exam Date	Exam Site	Kent	Exam Date	Exam Site	Kent	Exam Date	Exam Site	Kirkle
The Judd School	9 sep Kent	At Kent scd	Dartford Grammar School for Girls	9 sep Kent	At Kent scd	Tonbridge Grammar School	9 sep Kent	At Kent scd	Heckn
Dartford Grammar School	9 sep Kent	At Kent scd	Barton Court Grammar School	9 sep Kent	At Kent scd	Weald of Kent Grammar School	9 sep Kent	At Kent school	
Maidstone Grammar School	9 sep Kent	At Kent scd	Maidstone Grammar School for Girls	9 sep Kent	At Kent scd	Simon Langton Grammar School for Boys	9 sep Kent	At Kent school	
Cranbrook School	9 sep Kent	At Kent scd	Highworth Grammar School	9 sep Kent	At Kent scd	Chatham & Clarendon Grammar School	9 sep Kent	At Kent school	
Borden Grammar School	9 sep Kent	At Kent scd	The Norton Knatchbull School	9 sep Kent	At Kent scd	The Folkestone School for Girls	9 sep Kent	At Kent school	
Queen Elizabeth's Grammar School	9 sep Kent	At Kent scd	Oakwood Park Grammar School	9 sep Kent	At Kent scd	Sir Roger Manwood's School	9 sep Kent	At Kent school	
Invicta Grammar School	9 sep Kent	At Kent scd	Tonbridge Wells Grammar School for Boys	9 sep Kent	At Kent scd	Dover Grammar School for Boys	9 sep Kent	At Kent school	