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.

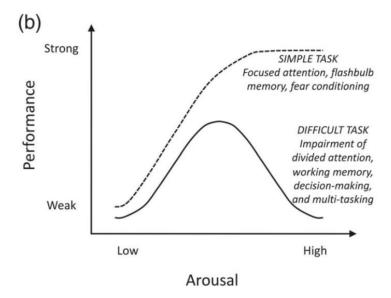


Fig 5.1 - The relationship between arousal and performance for difficult tasks like learning.

Sample B – Data Gathering & Cleaning

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