# Impact of Stress on Success

### (GPA)

## Dealing with:

### [**Fights with Parents**](http://docs.google.com/fights.htm) | [**Discipline Problems**](http://docs.google.com/disiplin.htm) | [**Gender**](http://docs.google.com/gender.htm) | [**Sports**](http://docs.google.com/sports2.htm) | [**Testing**](http://docs.google.com/testing.htm) | [**Conflicts with Teachers**](http://docs.google.com/conwteac.htm) | [**Work**](http://docs.google.com/work2.htm) | [**Illness**](http://docs.google.com/illness.htm)

Stress is more than a physical condition. It effects the mind and ability of a person. When put under heavy stress, a person is not able to focus and concentrate on the task before them. "Under stress, many people show a diminished ability to set priorities and make decisions." (Constable) People who are under stress are more anxious and therefore less productive. If a person is unable to concentrate, they will not be able to give the task their full attention. Students who stress out over scoring well on a test are quite possibly hurting their score. However, if a person experiences very little or no stress, it can have a negative impact on their productivity levels also. People need stress to motivate and drive them. "There is an important difference between life's stimulating thrills and its overwhelming anxieties." (Charlesworth) As one can see, the level of stress in a person's daily life can effect how productive and sucessful they can be.

Since children and teenagers' sucess is usually measured by how well they do in school, grades are a good indicator of a persons' success early in their lives. However, because a child does not excell at school does not mean that they won't succeed in life. Stress "keeps them (children) in a state of overdrive, or hyperarousal, which prevents them from learning fully, becaue learning requires openness, focus, and risk-taking." (Lewis) Although there are many factors that effect how well a student will do in school, their level of stress is an important factor. When a student is relaxed, they are able to concentrate and focus, which in turn allows them to absorb more of what they are being told and regurgitate the information in a more effective method on tests. The "fight or flight" reaction to stress may help a person who is under physical strain or in danger, by hightening the senses and raising adrenaline levels does not help to focus the mind. Therefore, while some stress may be good for students, helping to encourage studying, worrying excessively will only lower a student's success rate.

Although each person will respond in an individual way to stress, in general, too litle or too much stress will lower productivity levels. Too little stress can cause a drop in performance due to lack of interest, fatigue, and boredom. On the other hand, too much stress can cause illness, anxiety, and exhaustion, all of which will also cause a drop in success. Each person must find their own ideal stress level and know what is too much for them.

Source: Managing Stress From Morning to Night