

Topic 25: School pressure on children. Is there any in your country? What can be done if there is?

In many countries, school pressure on children is a significant concern. This pressure often stems from high expectations regarding academic performance, competition among peers, and the desire to succeed in a rapidly changing world. In my country, students face intense pressure to excel in exams, which can lead to stress and anxiety.

To address this issue, several measures can be taken. First, schools should promote a balanced approach to education that emphasizes not only academic success but also mental well-being. Incorporating stress management programs and counseling services can help students cope with pressure. Additionally, parents and educators should focus on fostering a growth mindset, encouraging children to view challenges as opportunities for learning rather than threats. Finally, creating a supportive environment where collaboration is valued over competition can help reduce stress and promote healthier attitudes towards learning.

By implementing these strategies, we can help alleviate school pressure and support the overall development of children.