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STRATEGIES TO LOWER STUDENT STRESS



The good news is that stress reduction skills are all teachable.

- 1 High-quality relationships—those with empathy, kindness, and caring—lower student stress. Build those high-quality relationships with students.
- 2 Give students more control. Give students a choice in leadership roles (“Can you be in charge of classroom energizers this week?”), self-assessing (students have access to their own data and learn to develop “what to do next” strategies), and curriculum (students make choices in how they learn and how they would like to show their knowledge and skill: paper, demonstration, build a project, etc.).
- 3 Give students a voice in class (written and verbal). Honor student vision and goals. “Having a voice” means you believe that the students belong in an academic climate, they are worthy, and they have something of value to say. Having a voice gives them more control over their own choices.
- 4 Teach students how to manage their own stress (e.g., use better self-talk; change the narrative in your head; practice slow, deep breaths; take a walk; use smooth, slow movements).



ABOUT THE AUTHOR

ERIC JENSEN, PhD, is a former reading teacher who grew up in San Diego, California. He synthesizes brain research and develops practical applications for educators. Jensen has authored more than 30 books,

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ASCD PRODUCT #:
QRG118041 (single)

This has been a sampling of the content from the full Quick Reference Guide (QRG), *Teaching Students from Poverty* by Eric Jensen.

If you would like to purchase the full QRG, you may do so at www.shop.ascd.org by searching for stock number QRG118041.