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## Teachers in Control of Mental Health Issues that Affect Adolescents' Performance

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# MENTAL HEALTH TRAINING IN EDUCATORS TO ENHANCE STUDENT PERFORMANCE



PROVIDENCE  
COLLEGE

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## ESSENTIAL QUESTION

How can educators be better prepared to identify and help students with poor mental health and low access to resources?

## BACKGROUND

Mental health issues are on the rise in high school students post-pandemic. Student performance is negatively linked with mental health with 61% of teens stating they feel pressure to get good grades. These issues are especially prevalent among students that have a low socioeconomic status due to a lack of resources, lack of opportunity, and finances resulting in disproportionate amounts poor academic performance.

## RATIONALE

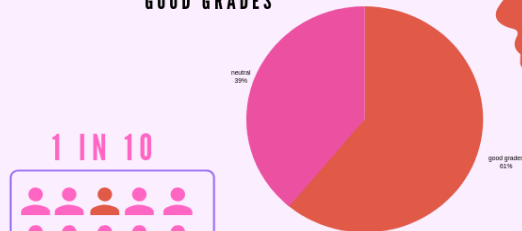
It is crucial for educators to be knowledgeable about mental issues and how to mitigate the effect on students' performance

## THEORETICAL FRAMEWORK

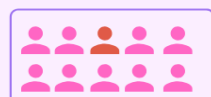
This study was guided by psychological theories in which educators must be somewhat trained in mental health/psychology in order to best provide for and accommodate their students.

## HIGH SCHOOL AND MENTAL HEALTH NEGATIVELY LINKED

61% OF TEENS SAY THEY FEEL PRESSURE TO GET GOOD GRADES



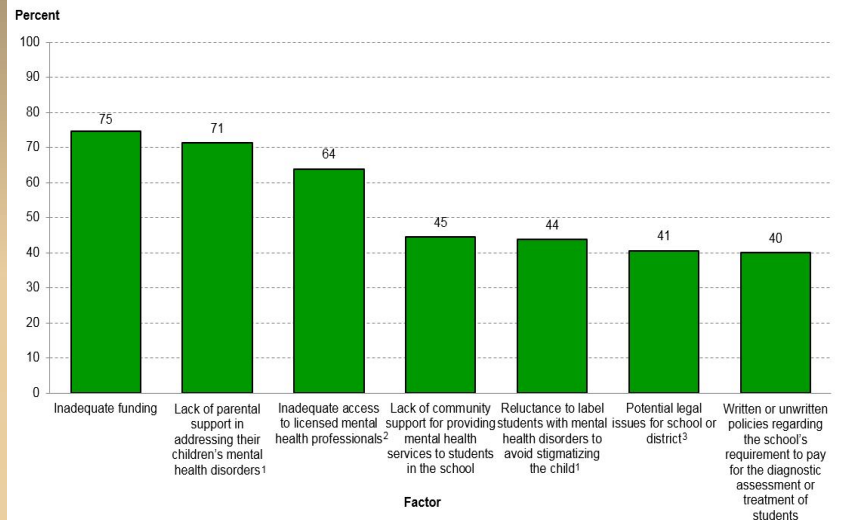
1 IN 10



YOUNG ADULTS STRUGGLE WITH MENTAL HEALTH DISORDERS



31.9% OF TEENS FROM AGES 14-18 HAVE AN ANXIETY DISORDER



## METHODOLOGY

I read and examined multiple articles on student mental health to determine effective practices for educators to be better prepared to identify student mental issues and support them in the classroom.

## PRELIMINARY FINDINGS

- Mental health training
- Trauma informed teaching.
- An open-minded attitude toward all students
- Understanding of different socioeconomic status
- Connecting with students.

## CONCLUSION

Mental health training in educators is crucial to enhance their knowledge and success of students, especially those with low socioeconomic status:

- Mental health resources
- Signs of poor mental health
- Using empathy to address issues
- Accommodating students with mental issues

## REFERENCES

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- Whitney, D.G. & Peterson, M. (2019). US national and state-level prevalence of mental health disorders and disparities of mental health care use in children. JAMA Pediatrics, 173(4), 389-391. doi:10.1001/jamapediatrics.2018.5399