



Fourth Annual Conference

Engaging Secondary School Students and Their Communities

Forum Breakout Session

Tools for Stressed-Out Teens

Facilitator:

Frank Stetson, *Community Superintendent, Montgomery County Public Schools*

Presenters:

Alan Goodwin, *Principal, Walt Whitman High School, Montgomery County Public Schools*

Fran Landau, *Resource Counselor, Walt Whitman High School, Montgomery County Public Schools*

Anne Hollander, *Parent*

How can schools and parents encourage academic rigor while helping students maintain balance in their lives? Fifty-six percent of adolescents in the Washington area identify school as their biggest cause of stress, with teens in the region reporting much higher levels of frequent stress than teens nationwide. Hear how one high school is addressing this challenge.