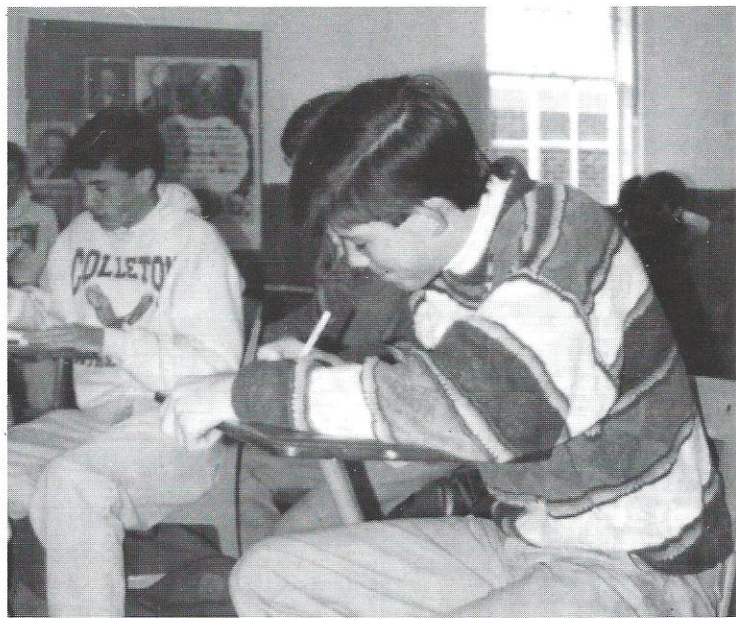
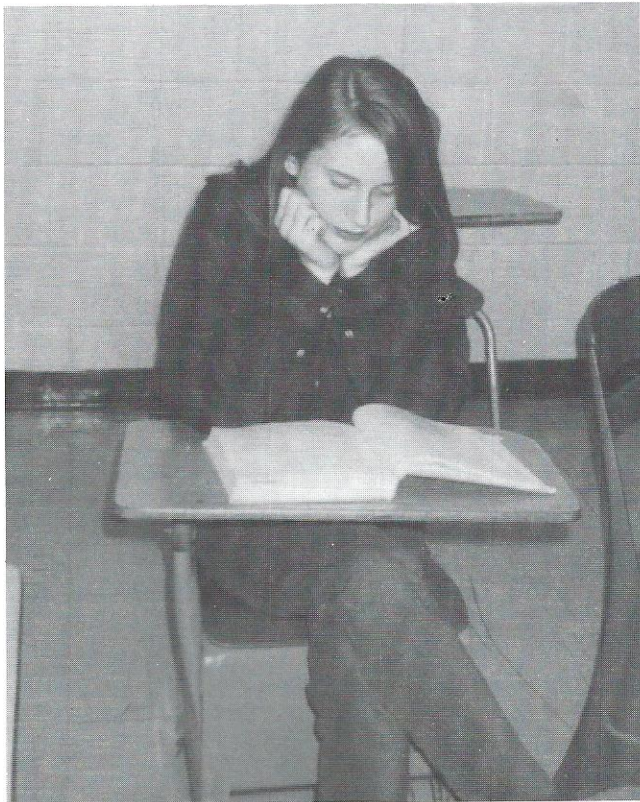
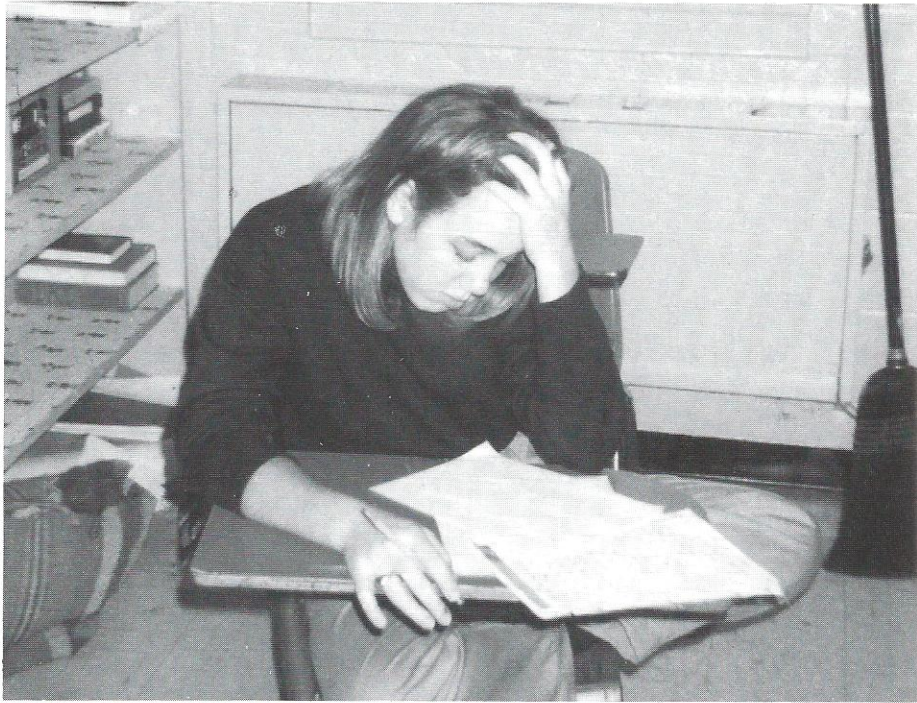


Burnout

Can You Handle It

Stress is a common problem shared by students. Actively involved in many areas, they struggle to cope under pressure. Setting priorities in academics, athletics, helps students manage the demands placed on them. Teachers are also affected by stress as they try to prepare lessons, grade tests, serve as class sponsors, and attend various functions. Balancing a hectic schedule is difficult.

Under stress, Junior Kimberly Smith struggles to recall an answer on a test.



Sophomore Joe McConnell and Jarred Sumner minimize stress by carefully taking notes.

Cara Valentine re-reads her literature so that she will be prepared for class.