SCHOOLWORK AND ITS RELATION TO STUDENTS' MENTAL HEALTH

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As working adults, we all have experienced stress in both our professional and personal lives. Stress is difficult to handle since it affects our emotions and psychological well-being. This is the reason why mental health among the young is considered an important concern today; if stress-related mental issue can affect us grownups, definitely it can happen to our young learners too. How can we as educators alleviate the effects of school-related stress to our students' mental health?

These are the things that educators can do to ensure our students' psychological wellbeing:

1. Be a Positive Force. We can encourage students' desire to learn by being dynamic and creative inside the classroom. We can also be more approachable by expressing positive feedbacks and by showing interest in their personal lives.

2. Know our students' limit. This does not only relate to their skills and intelligence but more to the amount of criticisms and feedbacks that they can take. We always need to draw the line between constructive criticism and hurtful ones.

3. Do not overload. Our students need to be empowered to do great in each and every activity but it is also important to make sure that they do not feel overwhelmed by too much homeworks and take home projects.
4. Encourage peer engagement. Teamworks and group activities can help develop leadership and camaraderie among students. Plus, they can also lighten the weight of schoolwork and can be a foundation for emotional support.

5. Recognize redflags. It will always help to be on the lookout if students show disengagement, distress, or negative emotional or cognitive behavior. These could be a sign that they need help.

These practices can help students cope emotionally with the demands that the academic world can require from them. Let us not forget that we as educators play a huge role in preparing their minds for the future. Let's use this role positively in developing their mental health, for a healthy mind will cultivate their potential in learning easily and effectively.

References:
Homework and Mental Health