



# Nurturing the Well-balanced Student, Debunking the College Myth

Denise Pope, PhD

Join us as Dr. Denise Pope, of Stanford University, examines the tension that students, teachers, and families often experience surrounding the culture of competition and offers research-based tools for creating a healthier community of learners. We all want our kids to do well in school and to master specific skills and concepts, but our largely singular focus on academic achievement has resulted in a lack of attention to other components of a successful life—the ability to be independent, adaptable, ethical, and engaged critical thinkers.



Who: Parents/guardians of students in grades 8-12, and for interested community members

When: Monday, January 23, 7:00-8:30 pm at the CCHS Auditorium

Register for this free event: <https://cchschallengesuccessdp.eventbrite.com>

## Did you know?

- *62% of CCHS students report having experienced somewhat high or very high levels of stress (YRBS 2016)*
- *48% of CCHS students reported that a stress-related health or emotional problem caused them to miss more than one days of school in the past month (Stanford Survey 2016)*
- *67% of CCHS students reported that school work often or always kept them from getting enough sleep (Stanford Survey 2016)*

## Sponsor:

- *Concord Ed Fund*

## In collaboration with:

- *CCHS Challenge Success Committee*
- *Center for Parents and Teachers*
- *Concord-Carlisle Youth Services*
- *CCHS Parent Association*

