

Intro

We knew that academics were a problem because people were getting bad grades and were not in the best learning space for them. We knew that people were not doing work and they don't understand the homework that they are given. The teachers move through work too fast and don't elaborate enough on the content. The teachers give out homework and then don't explain how to do it when kids have questions in our experiences.

In a Seattle district they delayed the start time by an hour. after this the students grades improved by 4.5 % attendance improved the average sleep improved by 30 minutes as well. The body needs 9 hours of sleep per night according to(National children's hospitals) and with a start time of 8 am you would just get the amount of sleep but then you have to get ready so a start time of 9 would be the most beneficial. A congresswoman made the "zzzz's to A's act " but this yet to be passed.

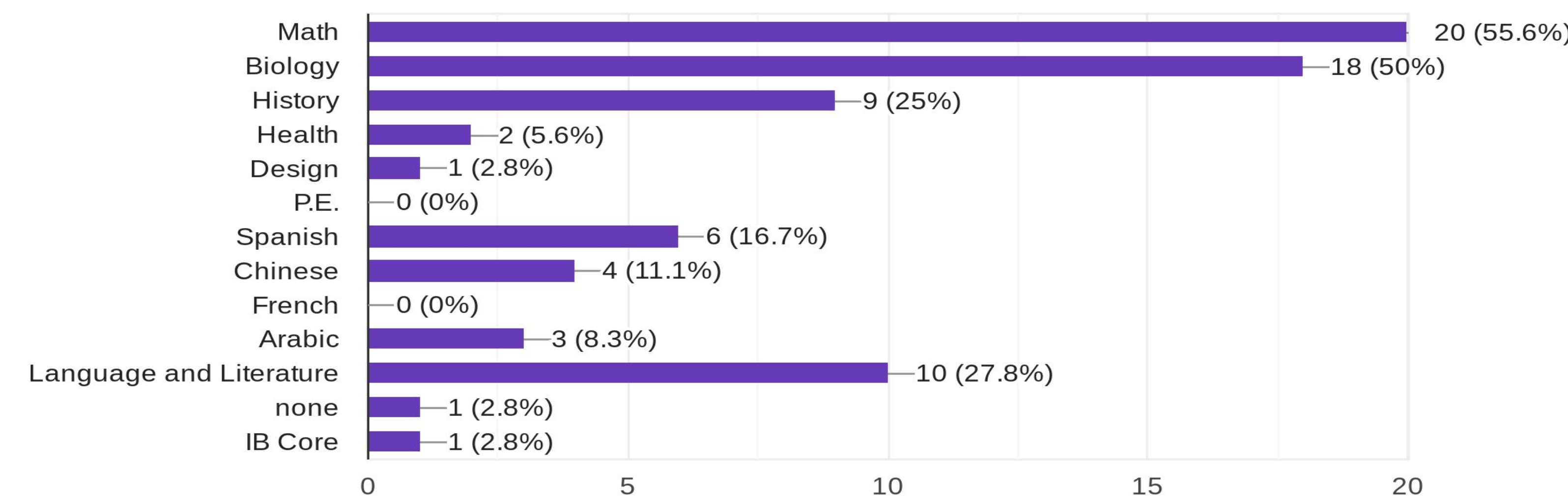
A study in California said over 70 percent of high school students are stressed often over homework in the survey 56% of the student said homework was the leading cause. (National children's hospitals) The normal amount of homework is 10 times the grade number of work per night. But for first graders the research found that they were getting 29 minutes of homework per night but there amount is only 10 minutes of homework per night. This causes stress. High schoolers have been getting over three hours of homework per night.

Most kids during high school will have to deal with a lot of stress. Some of the ways to deal with it are meditation. Developing better sleep habits and also getting outside. Just taking a short break to chill staying organized is and having a clean workspace. Other forms of art and craft, from drawing, to cross stitch embroidery, to woodworking, to playing a musical instrument. Playing sports or taking a walk are other good ways to help with stress.

We found that students struggle with a overload of work and work that is to complicated for them to understand. Some students have issues with learning ELA because english wasn't their first language. We also learned that students that enjoy the subject they are learning tend to do better in the class they are taking. Students also claim that they do better when they are involved in extracurricular activities along with in school activities during their free time.

What subjects are the most difficult to you?

36 responses



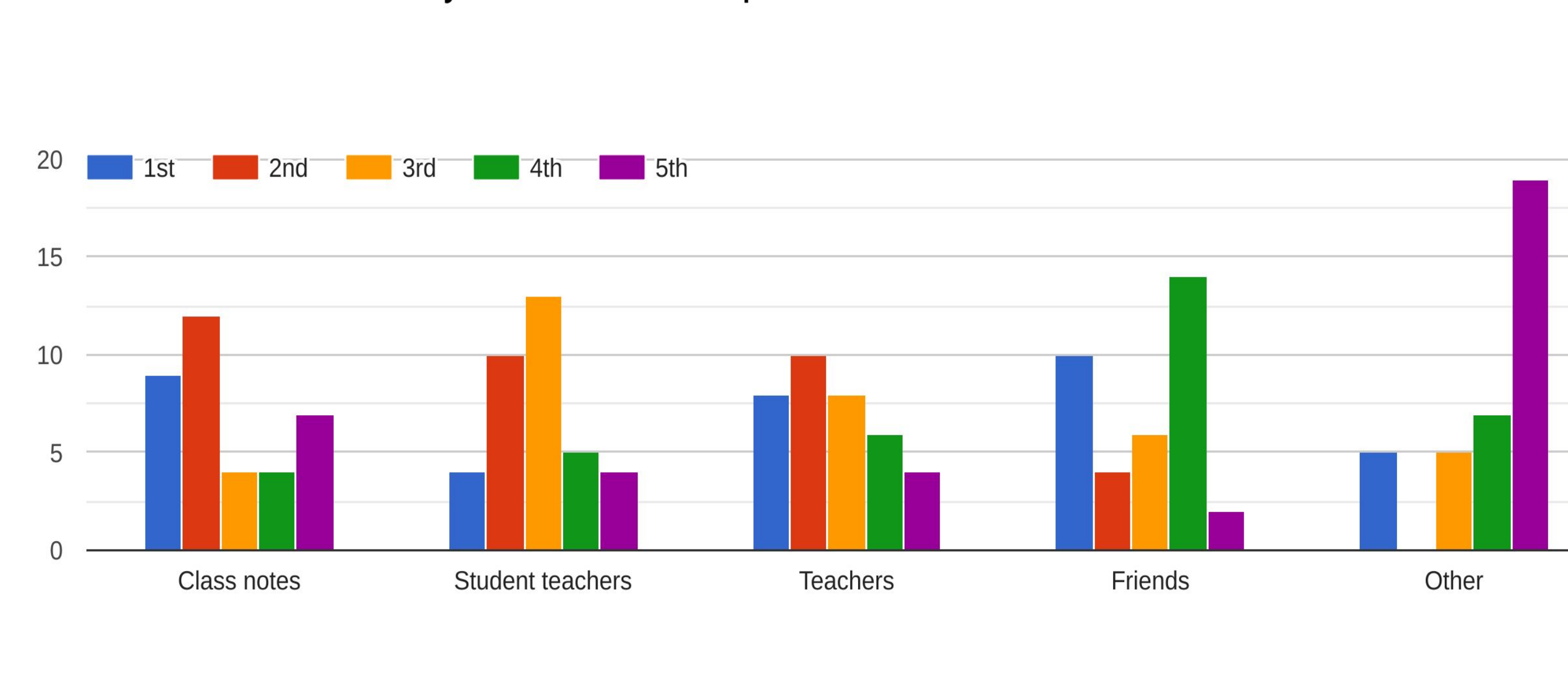
Facts

Three out of every four students say they are often or always stressed by schoolwork and nearly two third of students report getting "too much" homework, including one third who say many or all of their teachers hand out "busywork". According to our survey over 50% of students think that math and biology are the hardest subjects for them while the next closest is at 27%. For these classes they say that they are the hardest because that they can't focus. Most people regardless of their hardest class say that there is too much work and the teachers move through it to fast. For math people said that they don't get proofs or the steps to solve them. The easiest subject was health at 50% and then history at 38%. People said these because that the teachers gave slightly less work and that it was much more manageable for them to do. Most people said these because of little to no homework. They also said that they were able to focus better in these class. They also said that the more interesting subjects they found easier and they were better at.

Observation

We collected our data from a survey and we also did some observations. We had both qualitative and quantitative data from our survey. We had both kinds so we could find out set questions like multiple choice and open questions like extended response that differ from person to person. We created the survey and then got people to take it in IB Core which is like extended advisory where we work on our projects. We asked the students in our advisory to take it; 30 people took it so far. We wanted the students in our school to take it so we can help teachers help the students by teaching to how the students learn. We tried to make the survey relate to what students struggle with and what they are good at so we can help make them more successful. We had to overcome the fact that we had a limited amount of people take the survey.

Rank what resource do you find most helpful?



Survey

We asked what their age, grade, and what subjects are easy and difficult for them. We did this by asking what helps them in school and what makes school more difficult for them and why. On a scale from 1-10 how academically helpful are the teachers and open resources at your school?. Do you struggle with school work given to you? select what resource that you find the most helpful?

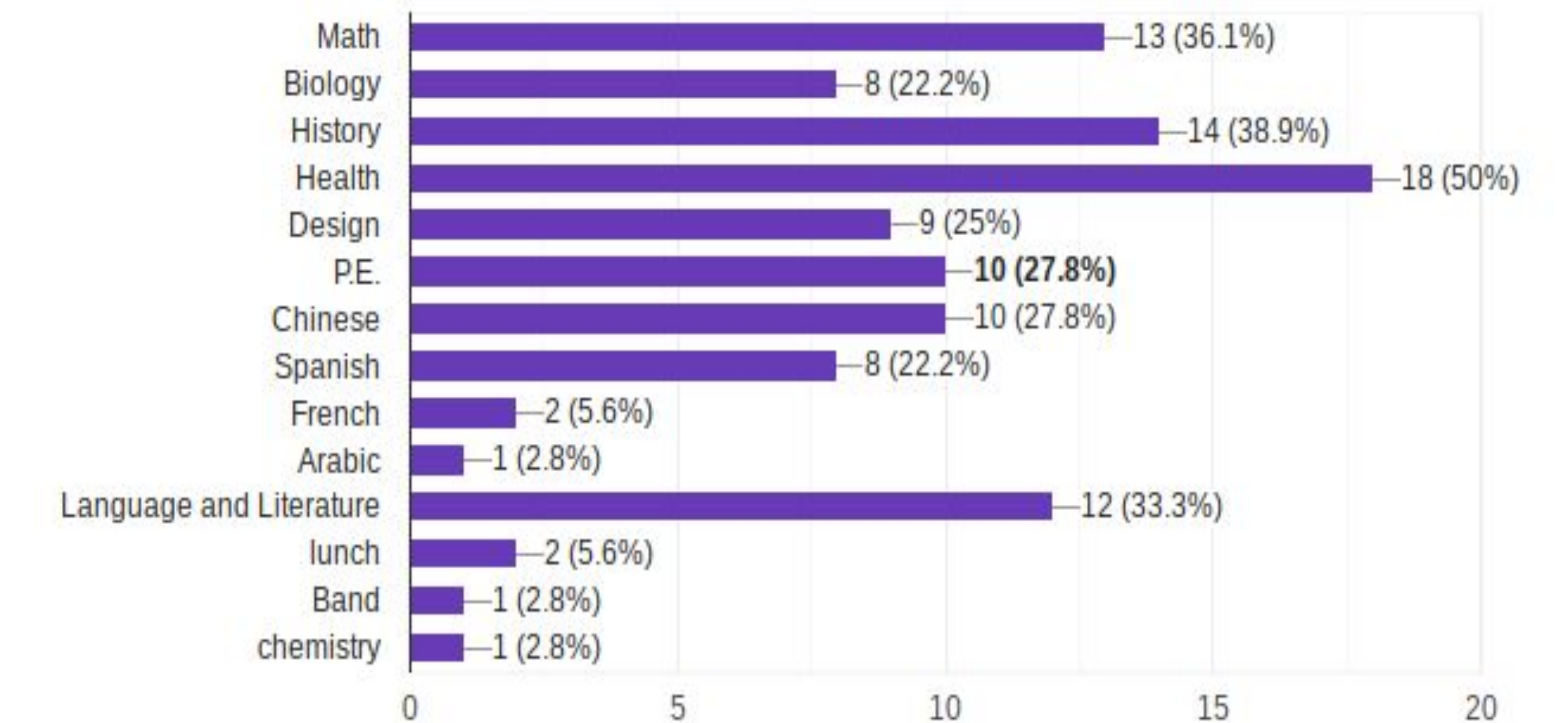
Our results answer our question by showing what students have trouble with at CIHS. We can go to Mr. Kim who is our principle with our results and show him what students at our school struggle with and give him possible solutions to fix the problems that they have.

Recommendations

Our recommendations are for the students to go to the teachers during common hour if they have questions or to ask their friends. We also suggest that the students manage their time better and if they can't move request to move seats. For the teachers to give all the homework on monday and to get it back the next monday or on friday. This will help with procrastination. We also suggest that the teachers make the work more fun to engage the students because our research shows that when students are engaged they learn better. We also recommend that the students go to sleep earlier because when you don't get enough sleep it is much harder to put in your full effort towards learning. I also recommend kids to take notes so that they understand.

What subjects are the easiest to you?

36 responses



Main References

"6 Techniques for Dealing with Stress in High School." *CollegeVine*, CollegeVine, 19 Sept. 2018, blog.collegevine.com/6-techniques-for-dealing-with-stress-in-high-school/.

O'Brien, Barbara, and Barbara O'Brien. "Could More Zzzzs Mean More As? School Districts Weigh Later Start Times." *The Buffalo News*, The Buffalo News, 11 Feb. 2019, buffalonews.com/2019/02/12/could-more-zzzzz-mean-more-as-districts-weigh-later-start-times/.

"Sleep in Adolescents." Nationwide Children's Hospital, www.nationwidechildrens.org/specialties/sleep-disorder-center/sleep-in-adolescents.

"Why Homework Is Bad: Stress and Consequences." *Healthline*, Healthline Media, www.healthline.com/health-news/children-more-homework-means-more-stress-031114#3.