**Youth Leadership Programme (YLP)**

**Framework 2023 - 2024**

**Appendix 1**

**Proposal Draft**

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| --- | --- |
| **Year**  | **8A** |
| **Class Teacher** | **Ms. Rabia Tahir**  |
| **Cooperating Teacher(s)** | **Ms. Huma**  |
| **Mentor(s) – Student Council Member** | **Fatima Ahmed** |

**Project Idea**

Academic stress is indeed a widespread issue, and addressing it requires a multifaceted approach involving educators, parents, and students themselves. Students can play a significant role in addressing the issue of Academic stress by initiating projects and campaigns aimed at raising awareness and providing support. Artificial Intelligence (AI) can play a significant role in addressing student stress by providing solutions that support students, educators, and institutions.

**Project Name (select innovative and creative title)**

**Slogan:** Thrive in School, Excel in Life

**Name:** Investigating Causes and Impacts of Academic Stress among Secondary Students and Providing Coping Strategies

**Project Summary (must not exceed 50-75 words)**

This project is a comprehensive study focused on investigating the causes and impacts of academic stress among secondary students. This project aims to provide valuable insights into the challenges that secondary students face, both inside and outside the classroom, and to offer effective coping strategies to help them manage and reduce academic stress. The project involves a collaborative effort, with secondary students, educators, researchers, and mental health professionals working together to collect data, analyze findings, and provide solutions. It is designed to foster a sense of community engagement by encouraging the active participation of secondary students in sharing their experiences and perspectives.

The final product of this Youth Leadership Program (YLP) project will be a comprehensive Student Support Handbook , Art and Expression, Peer Counselling Programs. In addition to this project aims to engage with the community by organizing seminars, workshops, or awareness campaigns.

**Objectives and description of the project (Must not exceed 200 words not less than 100 words)**

What are you aiming to address? What are you hoping to achieve with this project? Make sure that your team sets SMART goals. Process of the project and who are the communities involving.

**Identify Causes:** To investigate and pinpoint the primary factors causing academic stress among secondary students, which may include heavy workloads, exams, peer pressure, and personal issues.

**Understand Impacts:** To comprehensively understand the impacts of academic stress on secondary students, including its effects on their physical and mental health, as well as their social lives.

**Provide Coping Strategies:** To research, compile, and present a range of coping strategies and solutions that secondary students can employ to effectively manage and reduce academic stress.

**Raise Awareness:** To raise awareness about the issue of academic stress among secondary students and its potential consequences, highlighting the importance of addressing this issue.

**Empower Students:** To empower secondary students with practical coping strategies that enable them to navigate the challenges of their academic journey with resilience and well-being.

**Community Engagement:** To engage with the community, including students, educators, and parents, to create a collaborative and supportive environment for addressing academic stress.

**Sustainable Impact:** To ensure that the project's impact is sustainable, fostering a lasting culture of awareness and support for secondary students' well-being.

**Target**

The primary beneficiaries are secondary students themselves who are experiencing academic stress. The project aims to provide them with coping strategies and support to manage their stress effectively.

**Time Duration, Structure and Flow**

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| --- | --- | --- |
| **Timeline (Week 1- Date wise)** | **Events/Activities** | **Description** |
| **November week 1-week 2:** identify causes**November week 3-week 4:**Understand causes**December week 1-week 4:**Provide coping strategies.**January week 1-week 2:** Raise awareness**January week 3-week 4:** Community Engagement & field trip**February week 3-March:**Sustainable impact as well as development of final product | **Identify Causes****Understand Impacts****Provide Coping Strategies****Raise Awareness****Community Engagement****Sustainable Impact** | 1. Background knowledge / research
2. Survey Form Design

 1. Data Collection through digital survey form

 1. Analysis and Presentation of the results
2. Development of final product
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Teachers Signature Co-teachers Signature.

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Mentor Name and Signature Date of Submission

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