



Stress and its effects on learning

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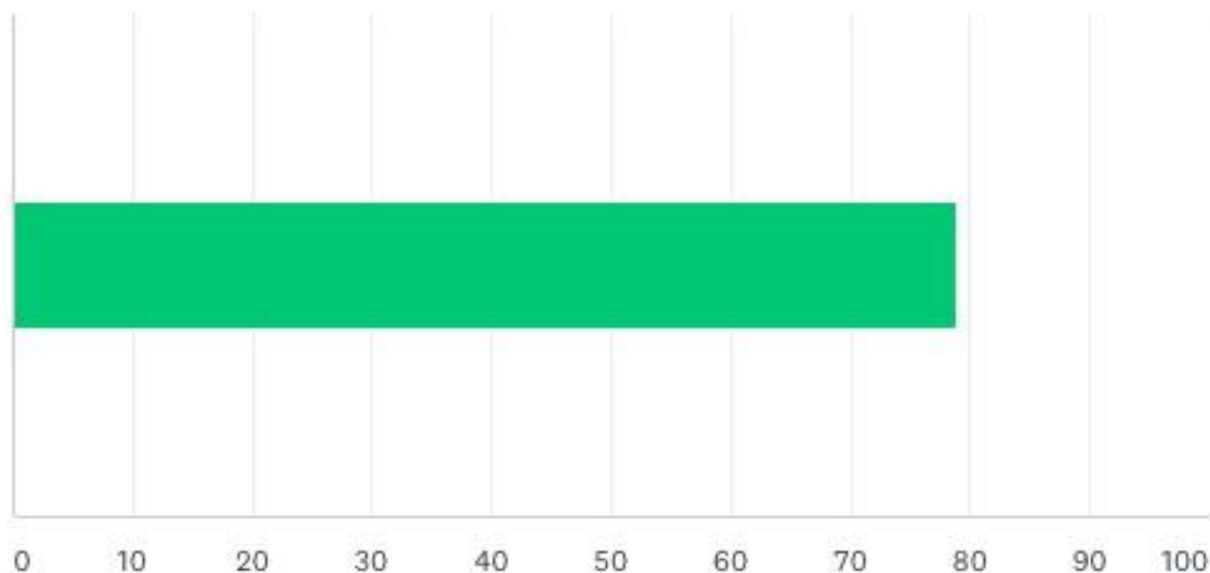
Question:

To what degree does stress or anxiety affect a child's learning? Is it appropriate or beneficial to induce stress on students? Under what circumstances?



How often are you stressed because of school throughout the week? (0 being not at all, 10 being constant)

Answered: 24 Skipped: 0





Three Types of Stress

Acute

- Short Term
- Exhilarating and thrilling
- Can be motivating

Episodic

- Frequent episodes of acute stress
- “Worry Wart”

Chronic

- Long-term detrimental circumstances
- Poverty or an abusive relationship

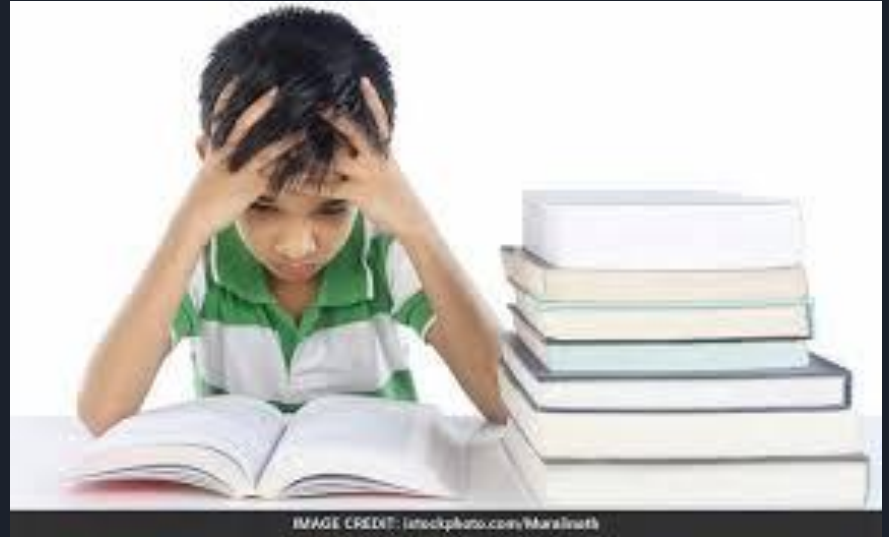
Negative effects

Stress inhibits memory storage

- When the amygdala is in a state of emotional stress, information can't pass through it to reach memory circuits

Decreases attention span

- Home life situations can be distracting in the classroom
- “It prevents me from focusing because I’m thinking about all of the things I’m stressed about.”




The stress-brain loop

chronic stress

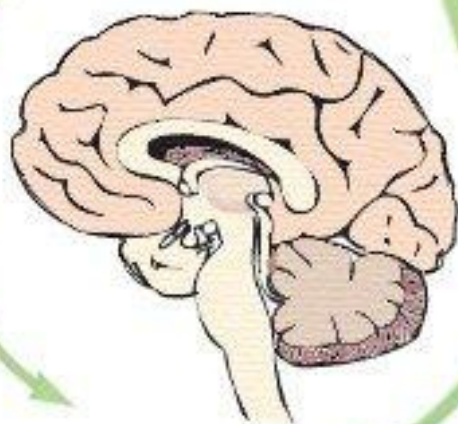
- inadequate sleep
- poor nutrition
- emotional distress

increases
glucocorticoids

decreased regulation
of cortisol

- 
- ↓ attention
 - ↓ perception
 - ↓ short-term memory
 - ↓ learning
 - ↓ word finding

cellular changes in
the hippocampus





Positive effects

Stress can motivate students

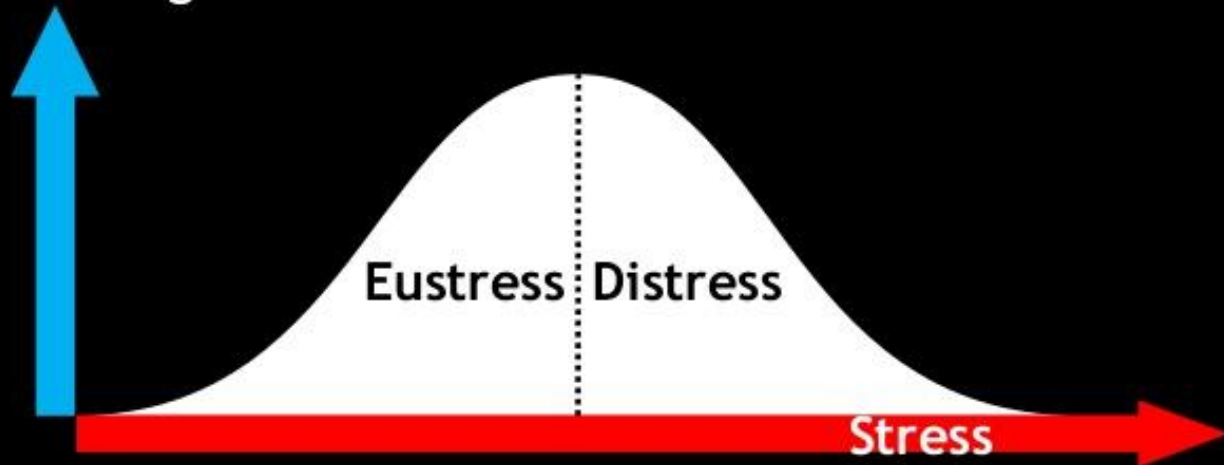
- To accomplish goals
- To complete homework assignments
- To reach their fullest potential

But this isn't the case for some students, as everyone responds differently to stress

The right kind of stress can encourage change and growth

Learning & stress

Learning



Eustress Distress

Stress



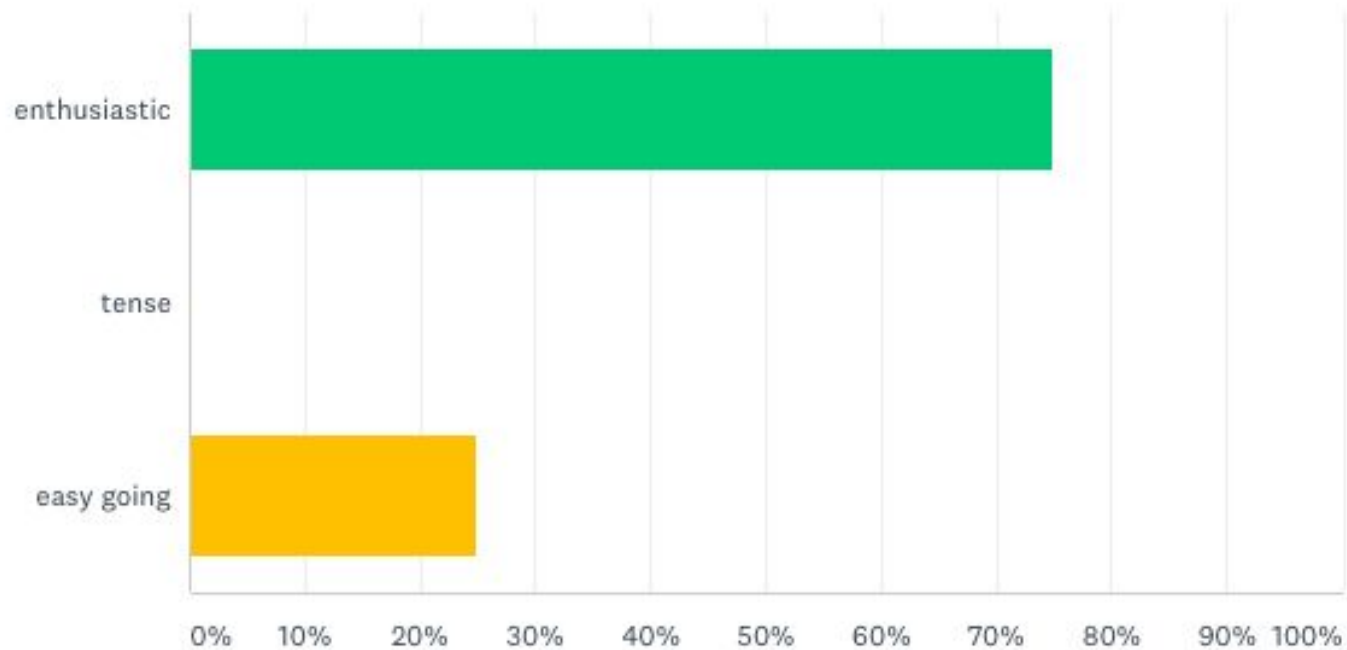
Impact for Educators

- Create a safe, warm, and welcoming environment with limited stress
- Be enthusiastic about the material
- Use stress to increase alertness
- For non preventable, chronic stress, educators should teach coping skills to promote healthy growth and change

I remember the material more effectively if is my teacher is

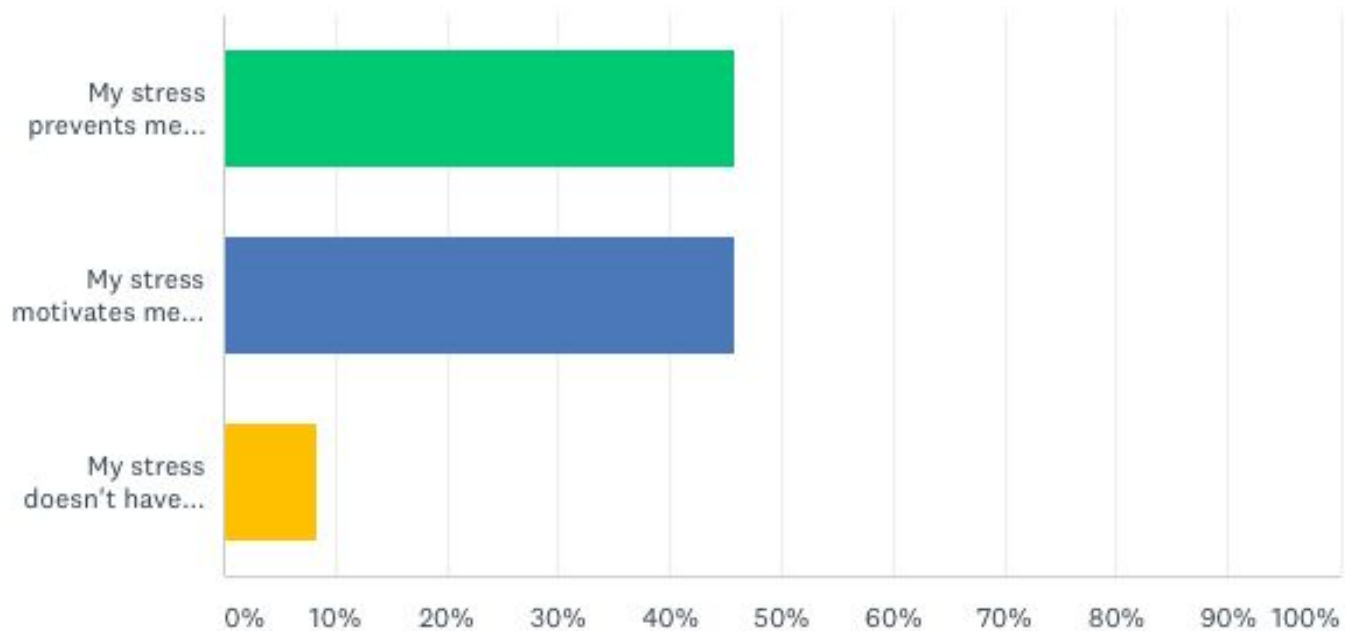
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Answered: 24 Skipped: 0



How does your stress affect your work ethic?

Answered: 24 Skipped: 0





Thesis:

By examining how these types of stress affect learning in school we have found that, generally, stress has negative impacts on learning by impairing memory storage and attention span; however, teachers can use stress as a tool to promote healthy growth and change. Our research shows that stress can hinder or promote motivation depending on the individual.