



Teen Stress *An Inside View*

Study/Discussion Guide

Real Person 1: **Stressed for Success** page 10–11

Have students write down or discuss the answers they would give to a simulated interview. We suggest that this could take a narrative form similar to the “real person” interview with Sydney. Start with a recap of Sydney and what the students think of her school schedule, her resigned attitude and the role of her parents.

Discussion points:

1. How long they are in school.
2. The difficulty of the courses they take and their interest level.
3. How much time they have for lunch and/or to get homework done in school.
4. How they spend their time after school:
 - activities related to school or community
 - job
 - socializing
5. Discuss how their parents help them to relieve stress or contribute to it.
6. Have students “brainstorm” their own daily schedules and how they might simplify.
7. What have students learned or gleaned from Sydney’s experience.

This information is provided FREE as a public service to educators and students and is intended to be used as a study/discussion guide in association with the book entitled, **Teen Stress: *An Inside View***, which is included in The Power Nap Kit™ © 2003 At Peace® Media LLC.

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