



Educating all  
students to excel  
& contribute in a  
global society

Acalanes Union  
High School District

# THE WELL-BALANCED STUDENT

Presented by Denise Pope, Ph.D.

Brought to you by AUHSD and  
Challenge Success

## PARENT EDUCATION NIGHT

Today's high-stakes, high-pressure culture can lead to unhealthy stress, disengagement, or debilitating physical and mental health symptoms. Dr. Pope will address how to reduce academic stress and disengagement without sacrificing achievement and examine how to increase student-resilience, creativity, competence and general well-being.

The presentation will be focused on supporting high school students and will include insights for navigating the pressures of college admissions. We'll offer parents research-based strategies to create healthier home and school environments.

**SEPTEMBER 18, 2024**  
**6:30-8:00PM**

**LAFAYETTE ORINDA  
PRESBYTARIAN  
CHURCH**

**49 KNOX DRIVE, LAFAYETTE**

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### Highlights:

- How students today are coping with the academic pressure they face
- Ways you can reduce academic stress without sacrificing achievement
- Strategies to increase resilience, creativity, and well-being



**Dr. Denise Pope, Ph.D.**

Stanford University, Senior Lecturer  
Graduate School of Education

Co-founder of Challenge Success,  
author, and renowned expert on  
student well-being