 Name:

**THINK-PAIR-SHARE**

**Topic:** The Pressure to Succeed

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| **PROMPT** | **What I think** | **What my partner/group thought** | **What we shared** |
| After reading and viewing the lesson materials, what sort of pressure to do well in university do you observe in your own life? |  |  |  |
| Is there a particular career you would like to pursue, that places a high amount of pressure on you to do well in school? |  |  |  |
| Do you feel under pressure to avoid disappointing your loved ones if you do not do well in school? |  |  |  |
| Which strategies have you used in the past to deal with stressful academic deadlines? |  |  |  |
| Are extracurricular activities something you find helpful to do in your free time to relieve stress and the fear of failing? |  |  |  |
| The pressure to succeed can lead to stress, anxiety, despair, low self-esteem, and lack of confidence. Which beneficial advice from the reading material stood out to you the most regarding overcoming these problems? |  |  |  |