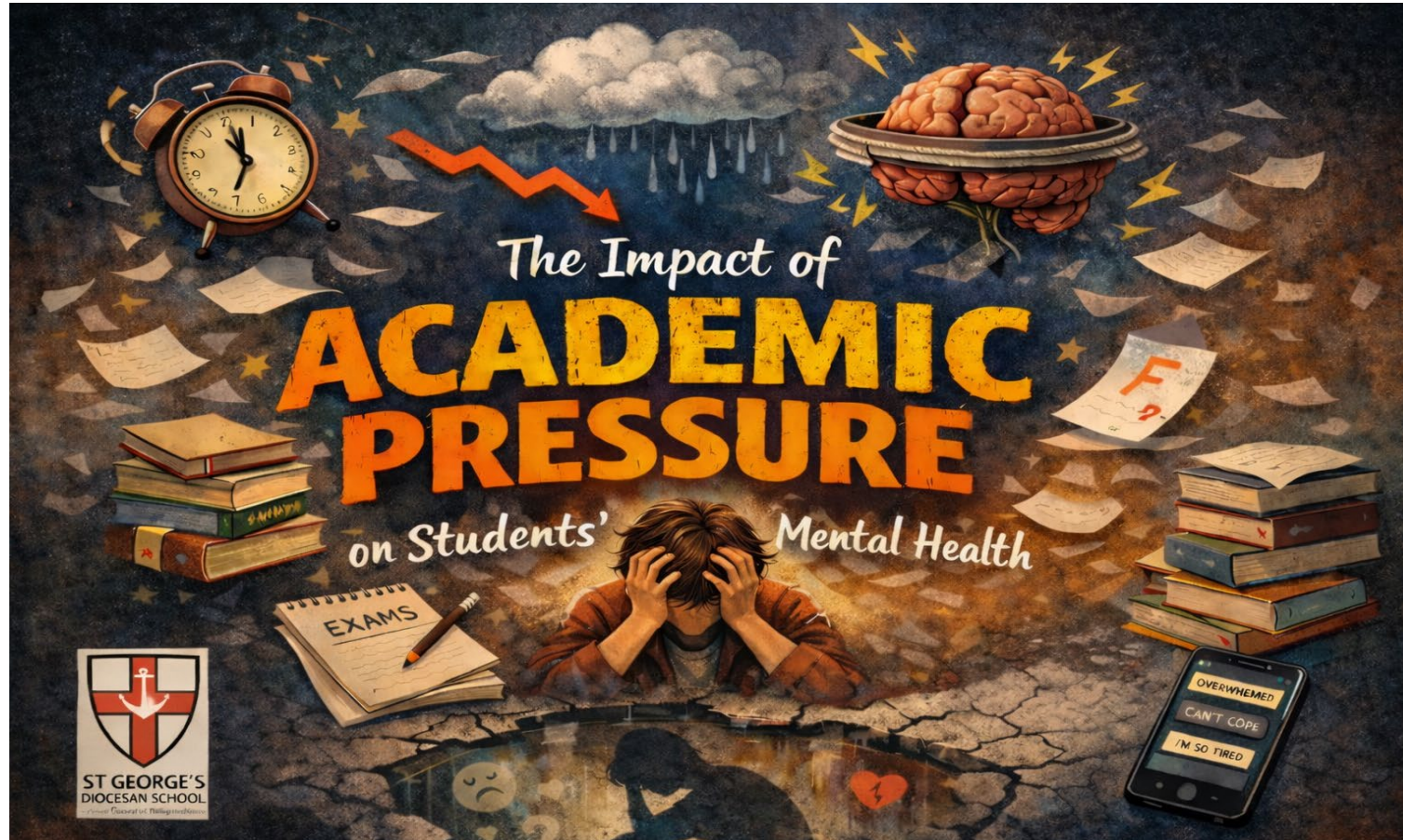


A postcard from:



St George's Diocesan School



POSTCARD



Academic pressure is the stress students experience from expectations to achieve high grades and perform well in school. While it can motivate students; excessive pressure may negatively affect mental health, leading to stress, anxiety, burnout, and decreased motivation. Recognising these effects and understanding how to manage them is important for maintaining a healthy balance between academic success and students' overall well-being.

We are looking forward to you joining us on the call,

St George's Diocesan School

Title: How Academic Pressure Affects Students' Mental Health

Date: 06/05/26

Time: 3pm CAT (GMT +2)

We make the start time to be 9am in Miami and Ottawa, 10am in Buenos Aires and São Paulo, 2pm in London, 3pm in Paris and Johannesburg, 4pm in Nairobi, Doha, and Athens, 5pm in Dubai and Yerevan, and 6:30pm in Delhi. but please check for your own location.

Participants: 16-18 years

Register: <https://podio.com/webforms/30666557/2600650>

Pre-work: Upload [HERE](#) a slide that explains how academic pressure affects students' mental health.

a Zoom Around the World with Round Square event