

Pressure to Perform: Dealing with Outside Pressure in Relation To School
September 15, 2021

PRESSURE TO PERFORM:

DEALING WITH OUTSIDE

PRESSURE IN RELATION

TO SCHOOL





Introduction

The AILPO hosted a pivotal online career talk on September 15, 2021, titled "Pressure to Perform: Dealing with Outside Pressure in Relation to School." Aimed at interns from National University, the event was crafted to address the increasing concerns over external pressures students face concerning academic and career expectations. The virtual session saw robust participation from interns keen on finding effective strategies to manage and overcome these challenges.

Objective

This webinar was conceived with the aim of:

- Identifying various sources of outside pressure including familial expectations, societal norms, and personal aspirations.
- Providing interns with coping mechanisms and strategies to manage stress and anxiety stemming from these pressures.
- Discussing the importance of mental health and well-being in achieving academic and professional success.
- Encouraging open conversations about the challenges of meeting external expectations and the impact on student performance.

Speakers and Discussions

The career talk featured an array of distinguished speakers, including mental health professionals, academic advisors, and individuals who have successfully navigated pressures in their educational and career journeys. Each speaker brought a unique perspective, offering both professional advice and personal anecdotes to illustrate how one can thrive despite external pressures.

The session began with an insightful keynote on the psychology behind external pressures and its effects on students' performance and well-being. Following this, speakers shared their experiences and strategies on dealing with stress, the importance of setting realistic goals, and how to effectively communicate boundaries to peers and family.

A panel discussion allowed for an engaging exchange between speakers and participants. Topics ranged from the impact of social media on self-esteem and expectations, to finding balance and prioritizing self-care. The interactive Q&A session enabled participants to seek advice on specific issues, fostering a supportive community atmosphere.

Feedback and Takeaways

Feedback collected post-event was overwhelmingly positive, with many participants expressing gratitude for the insights gained and the sense of community they felt. The interns appreciated the practical tips and felt more equipped to handle external pressures, emphasizing the importance of mental health awareness and self-care strategies shared during the event.

Many participants also highlighted the value of the workshops in providing a safe space to express their concerns and learn from the experiences of others. The interactive nature of the sessions was particularly praised for enabling a deeper understanding and application of the coping strategies discussed.