Faire face au stress lié à la graduation 12e

1. Quelles 2 théories pourraient expliquer pourquoi 25 % des étudiants qui visitent des cliniques de santé au collège ou à l'université montrent des symptômes de dépression et ont des pensées suicidaires?

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1. Explique l'expression, « débranche la performance de la récompense» dans tes propres mots.

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1. «Helicopter parents» sont : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Crois-tu avoir ce type de parent(s) ? Explique.

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1. Que veut dire «introspection» ? Peux-tu penser à des raisons pour lesquelles les ados n'obtiennent pas assez de temps pour l'introspection ?

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1. De nos jours, les étudiants du post-secondaire croient avoir le droit à des «A» ou «4» dans chaque cours. À quoi d’autre crois-tu que ces mêmes élèves pensent qu’ils ont le droit à avoir? Explique et justifie ton choix.

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**RÉFLEXION**

Après avoir répondu à toutes ces questions, penses-tu qu’il y a un lien entre les défis des jeunes d’aujourd’hui, le stress durant et après les études et avoir des «helicopter parents»? Explique.

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