

Burnt Out

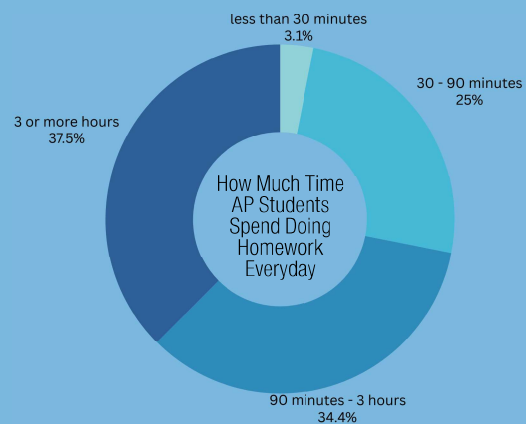
Students try to keep up inside and outside their AP classes

In taking AP level courses, many students face challenges in balancing their academic and social lives. These classes are often more in depth and difficult than College Prep (CP) classes. Students enrolled in advanced courses use much of their time keeping up with the advanced curriculum of AP classes while determined to not fall behind. When asked what makes AP classes different, Kaemon Vita ('26) said, "They are engaging, and the teaching style is much different in AP classes."

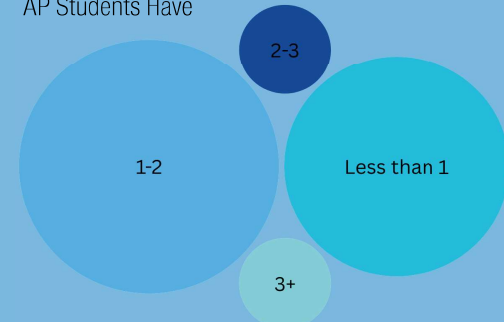
Many students have their own ways to stay on top of work and limit stress. Junho Oh ('26) says that in order to get all of his work done he has to mitigate his distractions. He limits these distractions by, "Working in a good environment. I used to work in my room, which is the same room I used to play video games in, so there were a lot of distractions. Once I moved to a proper study setting I got a lot more done." For Cole Nielson ('26), the most important way he keeps up with his homework is by making sure he stays organized and efficient. He achieves this goal "[by] doing homework as soon as possible and trying to organize a schedule." AP courses present unique challenges, opportunities and rewards for students. These courses not only provide students something to put on a college application, but can provide a peek into what students want to pursue in the future. Junho Oh ('26) explained, "I want to study physics in college because I'm taking [AP] Chemistry right now and the physics of learning Chemistry has been really interesting, so I'm planning on taking physics next year. If I like it, that's the career I want to pursue."

STAC KING UP

AP Students were asked questions regarding how rigorous classes affect their everyday lives



How Much Free Time (in hours) AP Students Have



32 AP STUDENTS WERE SURVEYED...

66%

said they had to miss time with an after school activity to keep up with schoolwork

81%

are taking 2 or more AP level courses.

AP classes are an opportunity for many students to take difficult, rigorous college level courses enabling them to seek a higher level understanding of topics they are interested in. When asked why he enjoys taking 4 AP classes, Junho Oh ('26) said, "I actually prefer AP classes to grade level classes, not just because they look better for colleges, but for the people who take them. I'm dedicated to doing well in school and it seems like the other students taking AP classes also share that goal, so I can communicate and get along with them better."



For students taking time demanding classes and activities, free time can be hard to come by. Students have many unique ways that they unwind when they get the opportunity and freedom. For Kaemon Vita ('26) he has his own unique way of spending his free time. He says that he spends his time "cubing and playing baseball." Other students spend their time in ways such as reading, hanging out with friends, playing video games, watching TV, playing sports, or even just taking a nap.

Time to Unwind

How do you feel about AP classes?

"AP classes can be difficult to manage as they are very time consuming and don't entirely consider how we are just high school students who want to succeed but also have time to live our lives."

-Sascha Thompson ('25)

"AP classes are easy to manage as long as you communicate with your teachers and stay on top of your work. If I actually did my homework, I would have 1-2 hours a night for my 4 AP classes."

-Nina Riley ('24)

Balancing Act

Students struggle to balance sports and school

Many students have to balance their after school activities with difficult classes. Students often have to sacrifice their free time and in some cases, their sleep to keep up with challenging courses and competitive athletics. Junho Oh ('26), who participates in Cross Country and Track alongside taking several AP classes said, "doing a sport has left me with less time to get my homework done. Sometimes I have to sleep a little bit less to get everything done on time." This balancing act that leaves many students with less time to get work done results in high stress levels. For some, an important step in managing their time and stress is by creating a strong routine for getting work done. When asked how she manages her time, Eliyanah Thomas-Demidovich ('24) said, "I often get overwhelmed with school-work and sports, but I make a schedule for myself so I feel more organized in what I have planned ahead of time."

