



# MISSION: SOS TEAM

A member of the SOS-Stressed Out Students project -Stanford University's School of Education

*Our mission is to support a school environment that nurtures integrity, academic engagement, connectedness and well being.*

Mission: SOS Team MSJHS

Support your student in having  
a healthy balanced life with total integrity  
and school engagement, academically and socially!

Join us for our  
**Community Education Seminar!**

**Choices: A Guide to Reducing Academic Stress**

with **Jim Lobdell**

and the **Mission SOS Team**

Thursday, February 7th, 7-8:30 PM

at MSJHS in C-120

*In this presentation, you will learn:*

- *How increasing demands and high expectations placed on students by parents, peers, and schools can often have unintentional but damaging effect*
- *How students today are coping -or not -with academic pressure they face*
- *Ways you can reduce academic stress without sacrificing achievement or engagement in school*

*Jim Lobdell is an Educational Consultant, one of the Co-founders of the Teacher's Curriculum Institute and a SOS facilitator/workshop leader for Stanford University team.*