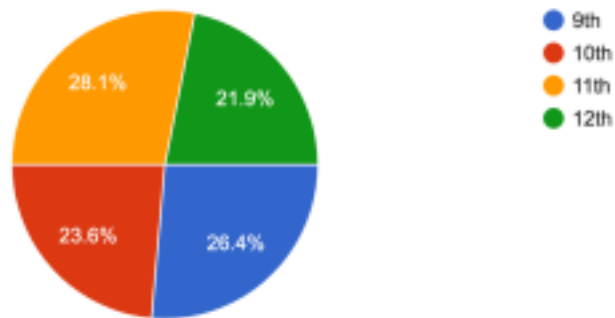


Achievement Culture Survey

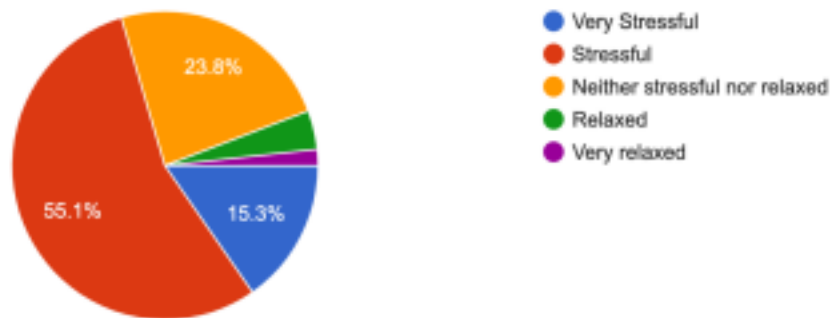
(high achieving high school in Central Ohio)

Completed by 294 Students- Winter 2022

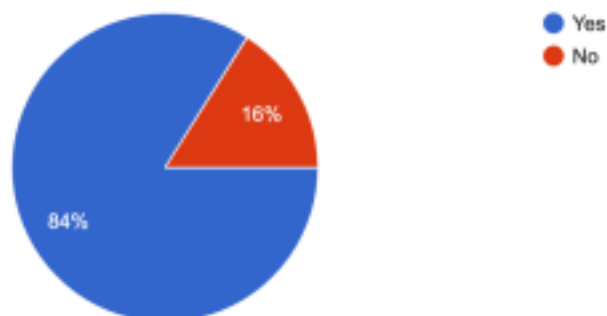
Grade (Optional)
288 responses



How would you describe the current high school environment?
294 responses

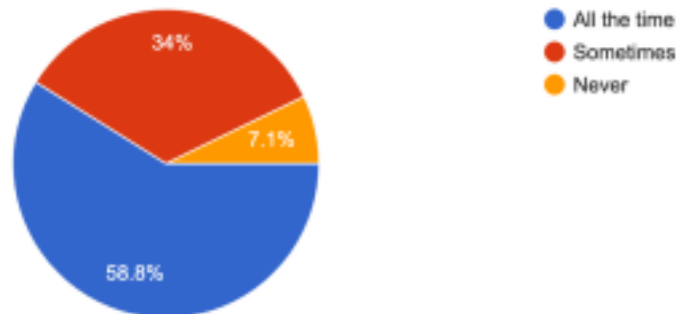


Do you find that most of the anxiety and stress in your life comes from school?
294 responses



How often do you compare yourself to others in terms of grades/accomplishments?

294 responses



What are some things that your peers say that make you feel anxious about school?

"We got a test tomorrow"

"You know that is due soon, correct?"

"I got such a bad grade, i got an A-"

"I thought that test was so easy." "How did you do on the assignment?" "Did you get into NHS/cum laude/national merit?" "Yeah my top colleges are Yale and Harvard and I'll probably get into both."

all they classes they're taking, their gpa, their college plans

Always talking about grades

Anything about grades, classes, how easy they find materials that I struggle with.

Ask about grades/GPA

Asking about grades/gpa

asking about scores

Asking about scores or flexing their own scores

College talk

Compare grades

comparing grades

Comparing grades

Comparing grades

comparing grades and them asking what I got on certain tests. or just caring what they think about me in general
Comparing grades and then saying things like "How could you get a C on the test, this is so easy."
Comparing grades/Criticizing me for getting behind on work instead of helping Comparing scores Comparing test grades and calling things that challenge me "easy" Comparing test scores and such can be stressful Comparing their grades to yours
Comparison of GPA, test grades, and scores.
Constantly comparing grades, ACT scores, or colleges they're touring.
did you ace that too?
Discussing grades
discussing grades and saying some things that i thought were hard, they found to be easy
discussion of test scores, overall academic competition.
Flexing grades
General statements and stereotypes about all sorts of people.
Get mad at me for no reason
grades
grades
grades + performance
Grades on tests or projects, scores on ACT, SAT, etc.
Grades, awards, things they do.

How a certain gpa will get me into a school.
how easy or hard they thought a test was or knowing what they're learning in class
I am always comparing myself to my peers, and it seems to be a very competitive environment when we talk about our grades.
I am smart, so people expect me to take all the highest-level classes and get the highest grades. That's all they see about me. Nothing else other than "you're smart."
I don't think that it is necessarily what my peers say, it is more so how they act. I think that there is a lot of pressure to look a certain way and act a certain way and preform a certain way in school and in sports.

I feel anxious about school when my peers discuss grades with each other.
I feel anxious based on the fact that when my peers talk about their grades, GPA, or college plans I feel like I do not meet their achievements. I feel as though I am failing because I'm not the best.
I feel anxious because I don't like feeling judged and I feel like if I mess up i may get judged I feel anxious when my friends talk about their GPA or recent test scores because I tend to compare myself to others. I just feel like they judge you on what you look like coming to school. I also am anxious because they judge us on if we have a mask on or not.
I often feel that my peers are more prepared and further ahead than I am. Seeing peers know what they want to do for their careers and already having paid internships is really stressful.
If they get a good grade on something however I dont and that might make me feel uncomfortable.
It isn't the exact verbal talk, everyone sets extremely high expectations, always comparing themselves to others, making things competitions, etc. It makes it where you have to take the highest classes and get the highest grades.
Judgement on grades and courseload
just how i interact with them
just talking about grades constantly
Large Homework assignments that I might receive in the future.
Making fun of people with lower gpas
Many peers try to pressure others into sharing their grades
maybe if they say there's a quiz, or test that I didn't know about. Or maybe they would say something about an opportunity I missed out on.

Mostly just that in the past they'd say a lot that I'm really smart and I want to live up to those expectations because I feel like I'm supposed to be "the smart one", and I'm worried that I'm not anymore.
Mostly talking about colleges and how they've been accepted to their top choice, which makes me anxious because I haven't heard back from mine yet
Not sure, it's just what i THINK they say
Only talking about grades and school, comparing
people always want to know your grades, test scores, gpa and they always make it a competion and make you feel stupid
people here are awesome

people just don't talk to me
pressure about grades or different levels of achievement
Some of them complain about their grades when they aren't even that bad. talk about what they got on tests. talking about college and where they got in or talking about there grades talking about grades
Talking about grades and GPA makes me anxious if mine are not as good or things like that. Talking about how bad they did on a test or something even though bad for them is a B or low A but that could be really good for someone else. Talking about test scores or GPA, or anything that scales intelligence.
Talking about tests and how they took it after the test.
Talking about tests and scores.
Talking about their experience with ACT/ACT prep. Talking about colleges and their plans after high school.
Talking about their grades and pressuring me to share mine.
Talking about their grades if they did better than me, and making me feel bad that I did worse than them
Telling me what grades they get, projecting their nervous energy onto me with tests/homework/etc
That they like me or dont like me
The amount of school work that builds up overtime
The amount of time they spend studying and doing homework compared to me
The grades they got compared to mine if i didn't do well, or they already have an assignment completed and i don't.

The one thing that people are always talking about are grades and how you did on this test or how a grade went up. There's also NHS and Cum Laude
The students at Bexley are incredibly judgemental and unwelcoming. Pretty much everything that the students here say makes me anxious about being here.
their good grades
their grades
Their grades and them sharing and having good grades

There is a lot of talk about who has better grades and people often compare themselves based on the grades that they have. My peers also complain about getting an A- or a B+ and say that they have horrible grades which makes me feel really bad about my grades if I have something below that. College comparison is heavily talked about and going to a state college is thought of as a lower college even though it might be the right college for you.

There is a very competitive environment between students regarding grades and appearance they ask about grades and talk about how many advanced classes they are taking and compare grades a lot

They dont say much

They make fun of me, they say i dont do my work when i do, they call me

names. They really only talk about grades and gpa and how i did on the tests.

They say that getting a "B" on something is failing. Which is not true and it makes me want to do good on everything. One of my friends in on Powerschool non-stop

they talk about grades and level of classes

They talk about their grades

They talk about their grades a lot and compare them, and I feel like I have to keep up with the hard classes that people are taking.

When people talk about how far they are in their college searches and how good their grades are or their ACT scores.

When someone gets an A- or something along the lines, and claims they are 'stupid'. Really sucks.

When they compare grades out loud with other people.

When they discuss a grade on a quiz or test and try and see who they did better then.

When they discuss their grades and the colleges theyre getting into. I compare myself to them and when there are specific expressions of academic value

When they say they have a bad grade but they have an A

when they talk about tests and start stressing me out saying that they are hard and then telling me that i take life too seriously

When they talk about their grades.

you need to try harder.

What are some things that parents/guardians say that make you feel anxious about school?

"If you had half of your sister's anxiety you'd both be better off" "I feel like you could do better if you pushed yourself more"
"You are letting us down"
"You need to get those grades up."
"your sibling took all honors"
(Usually my mom) presses me to get As or higher, and if I don't, she gets mad.
about if you don't get a good grade they'll be disappointed in me
anything in regards to education
asking about grades
asking about tests
Being constantly questioned about college and careers that I'm not ready for
chem college and grades College prep
college stuff
Comparing me to older siblings, not wanting me to get bad grades
comparing my self to my dad and sister to be good at sports and get good grades
Constant pressure of completing homework.
Constantly checking my grades, everything in my life revolves around school, "school is your job"
criticisms about projects + grades
dont wanna talk about it
Even though I am not congratulated on high grades, I am yelled at for having low ones.

Everything.
Expect 100%
expecting certain grades
Expecting me to be as good as others in school
forcing of expectations that become detrimental to life at home
Get a A

Get good grades or we will intervene
Get homework done.
Got to be the first to go to college
Have high expectations for grades
How behind i am on work and how i can't do it How I need to get a certain grade how they expect us to do well and they have high expectations I cannot think of anything.
I don't know of anything specific that they say, but they have very high expectations. They want me to get good grades, and they expect this of me.
I dont know, I just feel like they are putting a lot of pressure on me and expect me to be perfect. I have to keep up I hear a lot of "thats not how the real world works" i need to go to a good college
I need to maintain a gpa in order to get into a school.
I won't get into the colleges that I want if I don't keep my grades up
I'm far more mature than other kids and kids my age can sometimes act dumb.
If I don't get my grades up I'm not going to get into college.
It is unacceptable to get under an A-, always compared to sibling, etc.
Just in general telling me to do work that ive already done
just telling me my future, like how i should attend certain schools or do certain jobs
just that they'll be mad at me, they don't really say anything

Just the pressure of doing good in school and getting good grades.
just things about grades
making sure your grades stay up
My parents are just very "strive for success" people
My parents don't pressure me about grades

never recognizes me for my achievements, always criticizing, never listen to me, in terms off school he puts me under massive stress and i hate it
Not sure, just parents being parents and making you feel anxious about homework or school work. Parents enforcing things that arent necessary or making you do extra work when you dont have to.
Nothing specific, but if they get upset about a grade I got
nothing they support me
Nothing, my parents are incredibly supportive. Parents get very upset over an bad grade. Personally, my parents are pretty good about limiting school stress. Pressuring me to get all As saying that i'm in an environment that i might not succeed in, counting that bexley is one of the better schools in the columbus area.
saying you won't be successful in a specific field or not getting amazing grades will ruin your life.
school is all they care about
Strongly questioning grades outside of their expectation
Talking about after-high school plans. Telling me what I need to do in order to get into the schools I want to go to. Talking about how competitive colleges are these days.
talking about college and future
Talking about college and grades.
Telling me that I'm not applying my learning at the level they think I can. Saying that my grades aren't high enough or scaring me for the future.
Telling me to work on bringing my B+ or A- up to an A
that I have to have good grades

That I need a rigorous schedule for me senior year and need to do more volunteering and stuff like that.
That I need to take the most advanced classes and my grades need to be very good.
That I'm going to this school to get a good education so I better be taking advantage of it and doing well. Constantly talking about grades and watching my powerschool commenting on a grade change or if I got a bad grade on an assignment.

that you need certain grades for college but its not too bad for me from them but they do hold me to a high standard
Their expectations of me and wanting me to be a good student.
They also dont say much
They always hold me to a standard that anything under a B grade is the same as an F or failing grade.
They check my grades every week to make sure that I'm not missing assignments, so turning the assignments in on time is extremely stressful.
They don't really say anything anymore, but they used to until they realized they were doing it.
They expect me to do well in school, and talk frequently about my future (where I want to go, what I want to do).
They expect me to take on too many things at once
They expect too much from me, I need to study from every test, get good grades on all of the tests, ect.
they get mad when you don't do well and make it seem like you don't try even though you always are.
they have high expectations
They just ask about GPA a lot and grades and all
They push me and make me feel like i'm never good enough
they try to micromanage my homework like im not already beating myself up about it
They want me to do better, all the time. I do my best and I have overall good grades, but that don't care. It's annoying and obnoxious, they make me talk and ask stupid questions constantly. It doesn't help me at all just makes me feel like I'm doing bad.
they're always putting pressure on me to get the best grades and straight a's and have a good gpa and get into a good college.

Things are going well in that aspect.
what i'm going to do when im older based on what classes i'm taking
When I do not get an A on a test they say I was not trying hard enough
why don't you have 4.0
worried for me about tests.

You can do better, checking grades and just asking for my opinion on them first when knowing that they already have one that they're going to say and I have to interpret what they're thinking about my grades and I have to justify them

you have to excel at school

What are some things that our community does that make you feel anxious about school?

"students that take all honors/ap are better students"

"You need a certain gpa"

All going to college all As

Bexley expectations

Bexley High School puts a lot of pressure on students to take AP classes, and it is very common for students to feel as if they aren't as good of students if they don't take as many AP classes.

Bexley is known for how well a lot of students do which puts pressure on us

clusters of due dates

discussion of grades, how well their kids are doing, looking down on the

"average" Doesn't discuss community requirements for graduation until last minute.

everyone going to prestigious schools and everyone being judged for the college you go to

Everyone seems to be around me when I just want to use the restroom, or go somewhere around the school. I have no clue if that has to do with me, but I'm just pointing it out

Everything about Bexley being such a great school district and the pressure of success

expect college and a career path

extremely high standards and pressure on being successful

General discourse about covid guidelines and masking

Grades and the "need" to go to a good college.

Have such a high expectations for all the students and then don't give any accommodations to get students to that expectation

High standard of excellence of going to an elite college/university, getting excellent marks, normalizing all nighters/unhealthy habits, prioritizing high GPAs (above 4.0) - effects the decisions of AP classes and electives
home work and roles
I am not sure what the community would be in this situation, but I cannot think of anything. I cant think of anything
I don't understand why our school doesn't rank based on gpa in order to prevent mental health issues and competitiveness and then has a cum laude society where acceptance into the society is completely based on GPA. It creates so much stress and comparison and ruins the whole idea of not ranking based on gpa. I feel like there is a lot of high standards regarding the level of classes you take and the grades you get in them.
I honestly don't know
is all above average. to high of standards
It seems like the only acceptable grades are B+ and above and people are constantly asking about grades on tests, homework, quizzes, etc.
It's Bexley
its a high academic community
Just the general high achievement culture can be stressful
Just the pressure to get good grades constantly and having stress about it if I don't.
Old people that scold you when they ask what your plan is for after high school and you say you don't know.
People are just constantly discussing grades with each other.
Pressure to take AP classes

prides ourselves on overloading students with AP classes
Societal expectations to succeed
Some of the societies where you have to compete with other students and out do them to make it in
Sometimes they make us do stuff that i really don't want to do.
succeeding is the one way to gain approval or validation

talk about college and grades and gpa
tests low grades
That you need to do well in high school to be successful in life or go to a good college, when in reality that might not be completely true.
The amount of homework there is and how normal it is. The banners boasting what high ranking universities their kids are going to. The bexley bubble community is so suffocating and doesn't do anything about mental health, or not enough. We say we are a no tolerance bully community but when someone does get bullied no teacher or adult does anything to help the bullied kid. The community just has amazingly high standards for work. The community makes me anxious because everyone seems to be that way like aforementioned
The expectation to be more then what I am capable of
The fact that those who have been in Bexley for years know the ins and outs of the school system and how to get ahead makes me feel anxious and unprepared.
The overall feeling of how Bexley is a straight "A" school
the pressure to succeed in life because we come from a successful community
The stigma that Bexley students are extremely smart, well-rounded, and that they are expected to go to prestigious universities.
The words and phrases used are alienating for people outside of societal norms like the gender binary and neurotypical school experience being seen as the normal experience.

There is a huge amount of pressure to take as many AP classes as possible and to uphold the stigma that Bexley has all amazing students with high GPAs and to graduate and go to college at a very good school.

There is a lot of stress regarding how the community thinks the students should perform and think we are the future generation so we should just keep getting better scores and grades. There isn't a whole lot of comfort when it comes to mental health problems or how the culture is when it comes to that. I've always heard that Bexley students should have no issue performing well since we have all the tools necessary but most of the time people make you feel inferior if you do need help.
they don't make me feel that anxious
they have this expectation that we all are super smart and perfect and HAVE to succeed
They make it so that if you're not acing every class, quiz, and assignment that they find easy, you're the slow one, you don't put in enough effort, you'll never make it into a good college, career, etc.
They make us feel like we can do everything when in reality, we can't because we want a life
they really emphasize good grades and high achievements so you feel terrible if you do anything less than perfect. and you have a very skewed view of what a good grade is (people think Bs are bad) and what a good college is because people talk so much about ivy schools
we already have a high expectation out on us to be the best
we pride ourselves on our outstanding school system and being wealthy with "happy" people.
we really pride ourselves on how good Bexley is and how everyone is so smart, so I feel like I can't do badly because I'll disappoint everyone.
You are very isolated if you do not have extended family connections in this town
you know just like talking about their achievements
You won't get into college unless you take the hardest possible classes or pushing yourself to your limit.

What are some things that teachers say that make you feel anxious about school?
"homework"
"I know you can do better"
"It is pretty simply, you should be good by now"
"this should be easy" or "this should only take 15 min"
"We have a test."

"We're having a test tomorrow"
"You only have one time to take this test"
"You should always take the harder class"
AP stress Assigning multiple tests / quizzes a week. Assignments, homework, tests, quizzes, knowing that there is the possibility for a pop quiz, or something that I am not prepared for. The main thing that makes me anxious is that I have so many things to do and not that much time to do them because of the exhaustion that comes from after school activities.
big assignments worth a lot college is coming up and i need to prepare college is harder than high school and they expect a lot for apps
deadline + consequences, "must memorize"
Due dates
Expecting a bunch of homework that's long and tedious to get done and to be able to study and that their class is the only class that matters so if you have multiple classes of homework teachers don't understand
focusing on AP tests and school's long term effects on student's lives
Generally pushing for harder work, usually positive though
give me multiple assignments at one time with little help or time
Homework assignments
homework load
How affected my grade will be.

How behind i am on work and how they won't help
How much homework they assign us each night because sometimes it can be too much especially if you are doing a sport right now.
How something may be easy and have an expectation you know something

I don't feel much pressure directly from things teachers say, just more pressure with deadlines and tests when I feel like I'm not given enough time to prepare.

I have a math teacher that will blatantly say that if we don't understand a certain concept we should drop the class.

If you didn't get this problem right you should consider taking another class. If you didn't do well on this assessment then you are not trying hard enough/ putting work in.

In addition to the stigma, I think the pressure on students comes from the fact that we have an influx of resources, and we are expected to take extreme advantage of the resources we have at hand.

It's not necessarily the teachers themselves, but more the amount of work and tests I have.

It's not really what they say. The amount of homework that we get definitely heightens my stress.

Just assigning a lot of at home work

Just assigning a lot of work at the very end of the third quarter is very stressful

Less is said, more just attitude that certain teachers have.

Making it feel like their class is the only one we have to worry about when we have up to 6 other classes

Making me feel like I have all these boxes to check in order to be a successful and valuable person

my teachers are very nice

Non flexibility with due dates

Not necessarily say, but the amount of testing and the workload are way too much. They conflate harder work with more work.

Not said, but they assign an insane amount of homework and grade things kinda unfairly.

Nothing (math teachers assign work every single night though)

nothing said but workload is too high

nothing that is out of the ordinary
Occasionally they will talk about how well people do which if you did poorly, makes you stressed out
only calling a select group down to the office and making a big deal out of the things that aren't that big, making all the student anxious and very distracted.
Piling work on at specific times instead of spreading it out
Pressure to succeed overall in how we learn
pressure, pulls sticks, calls random names
Saying they can see if we're trying or not. They also will praise students in class and make the rest of the class feel inferior if we didn't do well. There has only been one teacher in my entire school career say that our grades don't dictate our worth. Teachers also just don't make any effort to ask how we're doing or just see where everyone is at. Teachers are just stressful in general with how much information they throw out and expect us to just understand and teach ourselves. They will also say that school isn't that hard and that we only need to try in order to get good grades.
Some of the teachers aren't very sympathetic if you don't understand a topic very well and will say that if you don't understand this topic you're going to fail.
Sometimes teachers aren't clear with their instructions or don't give well organized lectures.
Sometimes tests but not really.
Talking about college and exams
Talking about what percent of the class did well on the test vs those who did not do as well.
Teachers are beyond great!
Teachers are both respectful and helpful towards helping me form and work for goals

Teachers cause the most stress for me. Mostly their language and how they say "you should know this, this should be reviewed" and place so much pressure on homework that is worth a few points.
--

Teachers who make mistakes (using the wrong gendered language/pronouns or not understanding my needs when I ask for help from my in class aids) excuse themselves profusely and blame it on inexperience when I know they are trying but the excuses make it about them and make it feel like they don't care as much as they actually care.

telling the class what the average is and making me feel bad if i get below average

That I should be able to do all this work and understand the content.

that it is a big assignment or test with no corrections worth a lot of points

The teachers don't say anything that makes me anxious but their classes definitely do

their teaching styles often cater the most skilled students in each class rather than teaching in a speed and manor that is fitting for the majority

They don't always consider the workload we may have from other classes

they dont say too much that is stressful actually but they still have relatively high standards

they get mad super easily, some get frusterated when you dont understand, makr uou feel like you cant ask questions

They have a lot of expectations for us students, and they seem to prioritize us completing an assignment rather than our mental health. I feel like their behavior is very performative because they don't seem to actually care if a student is struggling with their mental health.

they have high expectations

they just give us a lot of work

they like to bookend the ACT with tests

They say how easy it is or it will be a struggle but you always just know it's going to be hard

they talk about some students who are geniuses and know how to do all this stuff

They talk about the exams, and I know they have to keep us aware about it, but it still is a stress factor.

They, similarly, expect too much from me, they seem to think that their class is our only class, or our most important class, and that we have nothing else to do except for things in their class

they'll like tell you the averages of each period and be like your period is on of the lowest

they're always just saying we should be doing well on these tests. one time a teacher put all the grades on the board as a dot plot and like 95% of the geniuses had an a+

theyre helpful to me and make it less stressful

This test will count as a large chunk of your grade
way to much homework

when some teachers have big projects or don't accept late work

When teachers assign tests/quizzes on the same day.

When they pair us up with people we don't want to be with.

when they tell us that as a class we're doing bad and that we most likely are going to fail

tests When they threaten you to do your work/homework or they won't grade it.

When we have a lot of work due and high expectations to get it done. Additionally, when there is no option to do an assignment on another day or have extra time to work if your struggling.