



FAMILY, FRIENDS AND COVID-19 – IMPACT ON YOUNG PEOPLE’S MENTAL HEALTH AND WELL-BEING

WHAT IS THE IMPACT OF COVID-19 ON THE EDUCATION OF YOUNG PEOPLE? / HOW CAN STUDENTS COPE BETTER WITH THE IMPACTS OF COVID-19 ON EDUCATION?

WHAT IS THE IMPACT OF COVID-19 ON EDUCATION OF YOUNG PEOPLE?

In the government-commissioned study led by Professor Stephen Lamb, Director of the Centre for International Research on Education Systems at the Victoria University, it was found that students who missed two terms of classroom teaching (i.e., who had switched to online learning) could fall six weeks behind in numeracy skills and four weeks behind in reading skills.

DECLINE IN LEARNING RELATED TO ONLINE LEARNING



Modelling by these researchers indicated that there would be a decline of up to 33% in numeracy learning and up to 22% in reading for children learning online in year five and in year nine compared to students taught in the classroom.

All current Year 12 students will be affected to some extent in the amount and quality of learning, with the disadvantaged students affected the most. How results in Year 12 will be translated into university entry remain unresolved (University World News, 4 May 2020).

Schools are significant providers of mental healthcare, and closures have disrupted this support as well as disrupting daily school routines.

University students are severely impacted, with added anxieties about a lack of income, difficulties adapting to online learning, the greater perceived impact of reduced productivity (e.g., fear of being forced to drop out of uni), and social isolation as many students live apart from family.

WHAT TO DO IF YOU HAVE AN EDUCATIONAL CHALLENGE:



STEP 1

Talk to family and friends



STEP 2

Talk to your favorite teacher.



STEP 3

Go to the Queensland Government services website
qld.gov.au/services



QLD MENTAL HEALTH WEEK 10-18 OCTOBER 2020

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INFORMATION SHEET 3/5

PARENTAL AND COMMUNITY STRATEGIES TO FOSTER MENTAL HEALTH OF YOUNG PEOPLE

HOW CAN STUDENTS COPE BETTER WITH THE IMPACTS OF COVID-19 ON EDUCATION?

THERE ARE A RANGE OF RECOMMENDED STRATEGIES FOR INTRUSIVE FEELINGS OF STRESS, INCLUDING:

- short-term playing video games (Elphinstone & Conway, 8 April 2020, The Conversation)
- staying connected to friends (Lim & Badcock, 17 March 2020, The Conversation)
- enjoying brief moments of pleasure (Kozlowski, 2020, The Conversation)
- working out at home (Bodewits, 16 March 2020, Science)
- increasing resilience against negative life experience by having a positive mindset (Tugade & Fredrickson, 2004, J Personality Soc Psychol, 86, 2, 320-333)
- taking small steps, setting flexible goals, and constructing a personal reward system, whilst maintaining routines and grooming (Brough, 18 March 2020, The Conversation)
- establishing a personal work space; planning distractions and work breaks, e.g. improve cooking skills (Grey, 11 September 2017, Science Magazine)
- keeping in regular contact with family, friends, and colleagues
- thinking about the need to re-calibrate future plans
- rather than be irritated by the obviously un-preparedness of our systems for the pandemic, think about the opportunities there might be to fix systems in the future
- accept the unpredictability of the new normal, and remind yourself that you are not alone - everyone is going through the similar challenges, and
- keep in contact with your teachers, who can play a critical role in supporting students.

IF YOU ARE BEING BULLIED AT SCHOOL:



STEP 1
Talk to family and friends



STEP 2
Talk to the school counsellor



STEP 3
Visit the headspace website
[headspace.org.au](https://www.headspace.org.au)

SUICIDE CALL BACK SERVICE 1300 659 467 • [WWW.HEADSPACE.ORG.AU](https://www.headspace.org.au)

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info@clearthinking.com.au
www.clearthinking.com.au

