

"Now class, don't forget the test on Monday over chapters 4, 5, 6, and 7. Have a nice weekend," the teacher said with a grin. The class groaned and tried to figure a way to pass the test without having to lock themselves in their bedrooms to study for the next 48 hours.

What do tests, jobs, after school activities, and home-

work have in common? All can be the students worst enemy when it comes to stress.

Parents, teachers, and even students themselves do not want to admit that a teenager could be in danger of burnout caused by stress. Most teenagers are under as much stress as any other age group.

Students feel the strain of

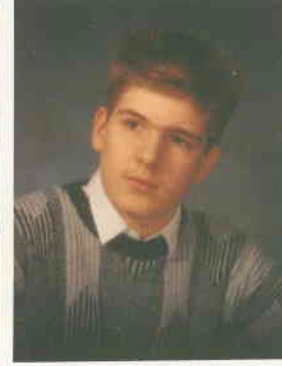
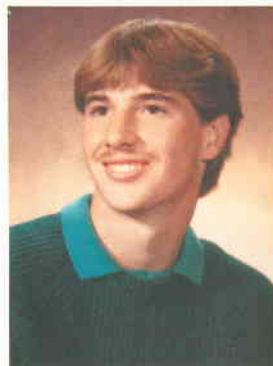
stress for different reasons. Senior Annette Beebee said homework is her big stress-giver. Tracie Spellman, also a senior, feels the tension of stress from her weekend job and after school activities. Stress to other students, like Junior Becky Lewis, can be summed up in one word, "TEST."

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