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Strategic Plan: ACPS 2025

Topic \*

Mental Disorders

Full Name \*

Malena Mulder

What is your relationship to ACPS? \*

ACPS Student

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This is the updated version of a proposal I (prematurely) previously sent to you. This was also a school project, but still.

To the School Board, I hope you kindly consider the following proposal. I am a student of Alexandria City High School in this district, and I care a lot about the future of it. What would make this educational system even better is if students had more knowledge on the experience of disorders; mental disorders, to be exact. I acknowledge the difficulty of adjusting an entire school curriculum, but I believe it'll be a better future for students to know about the experience so many people go through, many--even their own classmates--relate to. There's already a behavioral health program implemented in many schools within the district, and I've seen a couple clubs regarding mental health, but it does many children who don't have time outside of school a disservice to not give them the opportunity to know these gifts of wisdom.

I get the talk of mental disorders make people uncomfortable, but with a few recommendations on how to approach it, you can adapt the curriculum to fit those people as well. Speaking of recommendations, I have a few that, if this proposal is implemented, would make it seem more genuine. First off, acknowledging that mental disorders can have tons of similar symptoms to other physical effects; not every negative feeling is because of a disorder. Second off, getting people who have experience with mental disorders and are comfortable with talking about it is a more specific way of making sure students can learn. Knowing the basic symptoms and signs is one thing, actually experiencing it is another. If this does get taken into account, I will gladly speak about my life and how anxiety impacts me; I hope it does.