

# The Overachievers: The Secret Lives of Driven Kids

In a world that increasingly values achievement, it's no wonder that more and more kids are feeling the pressure to succeed. They're pushed to excel in school, sports, and extracurricular activities, and they're often told that their worth is determined by their accomplishments.

But what happens when the pursuit of achievement becomes all-consuming? What happens when kids start to sacrifice their own well-being in Free Download to meet the expectations of others?



## The Overachievers: The Secret Lives of Driven Kids

by Alexandra Robbins

★★★★☆ 4.4 out of 5

Language : English  
File size : 1301 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 456 pages



These are the questions that journalist Alexandra Robbins explores in her book, *The Overachievers: The Secret Lives of Driven Kids*. Based on extensive research and interviews with overachievers themselves, their parents, and their teachers, Robbins paints a revealing portrait of the challenges and rewards of being an overachiever.

Robbins argues that overachievement is not simply a matter of hard work and dedication. It's also a product of the intense pressure that kids feel to succeed. This pressure comes from a variety of sources, including parents, teachers, peers, and the media.

Parents often have high hopes for their children, and they may push them to achieve even when they're not ready. Teachers may also put pressure on kids to perform well, especially in high-stakes testing environments.

Peers can also be a source of pressure, especially for kids who are trying to fit in. They may tease or bully kids who don't achieve as much as they do.

The media also plays a role in promoting the idea that overachievement is the key to success. We're constantly bombarded with images of successful people who have achieved great things. This can lead kids to believe that they need to achieve something extraordinary in Free Download to be happy and successful.

The problem with overachievement is that it can take a toll on kids' mental health. Robbins found that overachievers are more likely to experience anxiety, depression, and low self-esteem. They're also more likely to engage in risky behaviors, such as substance abuse and eating disFree Downloads.

In some cases, overachievement can even lead to burnout. This is a state of emotional and physical exhaustion that can make it difficult to function. Kids who experience burnout may lose interest in their activities, withdraw from social interactions, and have difficulty sleeping.

So what can be done to help overachievers? Robbins offers a number of suggestions, including:

- **Parents should set realistic expectations for their children.** They should encourage their children to work hard, but they should also let them know that it's okay to make mistakes.
- **Teachers should create a supportive learning environment.** They should provide students with the resources they need to succeed, and they should avoid putting too much pressure on them to perform.
- **Peers should be supportive of each other.** They should avoid teasing or bullying kids who don't achieve as much as they do.
- **The media should promote a more realistic view of success.** They should show kids that it's possible to be successful without sacrificing their well-being.

Overachievement is a complex issue, and there is no easy solution. However, by working together, parents, teachers, peers, and the media can help to create a more supportive environment for driven kids.



## The Overachievers: The Secret Lives of Driven Kids

by Alexandra Robbins

★★★★☆ 4.4 out of 5

Language : English  
File size : 1301 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 456 pages

FREE

DOWNLOAD E-BOOK



## **Sky Island Trot Cap Bill Adventure: A Captivating Tale for Children of All Ages**

Prepare yourself for an extraordinary adventure that will ignite your imagination and transport you to a world beyond your wildest dreams....



## **The 14 Day Quarantine Recipe: A Culinary Adventure During Isolation**

In these extraordinary times of quarantine, where many of us find ourselves confined within the walls of our homes, cooking has emerged as a...