

# Strengths and Struggles among High Academic Achievers in Senior High School: A Philippine Setting

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**Abstract:** *The purpose of this qualitative research project is to investigate the strengths and weaknesses among high academic achievers faced in their senior high school years. In-depth interviews are used in the study to collect rich, nuanced material, which is then thematically evaluated to find major themes. Expectation and Pressure from Others, Losing Interest, "Procrastination and Cramming", Distractions, and Family Pressure are the five issues that the research focuses on.*

*The results show that high academic achievers experience tremendous external pressure from peers, teachers, and parents, which can cause stress and anxiety. Academic burnout is evident since some individuals also express a progressive loss of enthusiasm and love for their study. When used to handle workload and pressure, unhealthy coping techniques like procrastination and cramming have a negative effect on learning outcomes. Academic performance is further hampered by personal interests and technological distractions. Additionally, family pressure has a significant impact on how students experience school, highlighting the need of setting reasonable expectations and maintaining open lines of communication.*

*The study comes to the conclusion that high achievers in senior high school require specialized assistance and interventions. It's crucial to establish a welcoming workplace that values individual goals, encourages intrinsic drive, and supports a good work-life balance. Time management abilities, study habits, and stress management strategies should all be covered in interventions. Concentration and productivity can be improved by reducing distractions and encouraging focused study time. To combat family pressure and create a healthier family dynamic, it is essential that parents, students, and educators have open communication with one another.*

*Hence, this study adds to our understanding of the difficulties high academic achievers in senior high school confront and offers insightful information for legislators, parents, and teachers. Stakeholders may establish an atmosphere that supports the well-being, engagement, and academic success of high achievers by recognizing and resolving these problems, eventually supporting their holistic development and future successes.*

**Keywords:** High Academic Achievers

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