

Mental Health and Education in China

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Push to achieve tied to suicide in Asian-American women

<http://www.cnn.com/2007/HEALTH/05/16/asian.suicides/index.html>

For Asians, School Tests Are Vital Steppingstones

<http://www.nytimes.com/2012/10/27/education/a-grueling-admissions-test-highlights-a-racial-divide.html?pagewanted=all>

Biggest competition in China

attached pdf

Teen's suicide reflects stress of China's culture

attached pdf

1. "Pressure from study and exams is a top reason for psychological problems among Chinese youth." Do you think this could be said for Asian American youth as well? What do you think are the leading causes of suicide in America – different for Asian Americans vs. other races?

2. "Most Chinese schools still lack counselors, and teachers receive little training in spotting emotional distress... Parents are little help, often piling on pressure while ignoring children's emotional development... It's a basic unwillingness or inability to recognize and deal with emotional problems."

How do you think the Chinese education system should make itself more mental health-friendly? Where should they start - at the parent, student, or administrator level?

3. What do you think would happen if the Chinese education system placed less emphasis on *gaokao*? Do you think overall mental health issues would decrease, or do you think mental health relating to other areas would increase?

4. What cultural values and phenomena tie in with the taboo and stigma around mental health in China?
5. Do you think these are still true in second-generation immigrant families? If so, how would you plan to change that/do you think it CAN be changed? What are good things that come out of these values?