

Studies Link Students' Boredom to Stress

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Education Week:

One glance, and any teacher knows the score: That student, halfway down the row, staring blankly at his tapping pen, fidgeting, sneaking glances at the wall clock roughly every 30 seconds, is practically screaming, “I’m bored!”

While boredom is a perennial student complaint, emerging research shows it is more than students’ not feeling entertained, but rather a “flavor of stress” that can interfere with their ability to learn and even their health. An international group of researchers argues this month in *Perspectives on Psychological Science* that the experience of boredom directly connects to a student’s inability to focus attention.

Read the whole story: [Education Week](#)