

FOR IMMEDIATE RELEASE

CONTACT:

Jeannine Jannot, Ph.D., 770-827-8666

Megan Bowman, 404-275-8741

**New Book Addresses Alarming National Trend
Among Students
“Super Smart” Kids are Falling Apart**



Atlanta, GA. September 5, 2019. As the number of anxiety-related disorders impacting adolescents and young adults continues to skyrocket, countless families find themselves floundering amidst a national mental health crisis. Today’s high-stakes educational climate is taking a visible toll on the well-being of students and families, leaving children and parents feeling overwhelmed, stressed-out, and powerless. Alarming numbers of “super smart,” high-achieving students are, quite simply, “falling apart.”

Dr. Jeannine Jannot, a respected public speaker, student coach, adjunct-instructor of psychology at Georgia State University, and mother of three, has watched this trend intensify in recent years. Concerned by the unraveling of today’s youth, she tackles the subject head-on in her brand-new book, **“The Disintegrating Student: Super Smart & Falling Apart.”**

Building upon Jannot’s decades of experience working with both children and adults, the book identifies triggers that lead students to “disintegrate”, explains why struggling students often don’t ask for help, and provides actionable recommendations that can help disintegrating students get back on track. Chapters include; “What is a Disintegrating Student?”, “Developmental Influences,” “Individual Influences,” “Cultural Influences,” “Parental Influences,” “Building Trust,” and “Seventy-Seven Tips to Be Productive and Well.”

When asked why she decided to write this book, Jannot states, “My concerns about the well-being of students began when I worked as a school psychologist, escalated as my own children went through school, and peaked when I started teaching psychology at a local university. I was surprised and dismayed by the struggles so many students face, both in and out of the classroom. I came to realize that our primary and secondary school systems are a big part of the problem. I also came to realize that we are raising the most stressed-out, psychologically-fragile generation in history, while parents, educators and society seem unable to help these kids, despite having the best intentions.”

In the book, Jannot explains that many super smart students advance through middle school, high school, and even college, without much effort based on their inherent abilities, but there often comes a time when the academic rigor starts to outpace their ability to ‘wing it’ and do well. This creates a domino effect, with grades slipping, self-confidence plummeting, and tensions and stress levels rising, not only for the affected student, but for their entire family.

With suicide among teens now reaching the highest level since 2000¹, this can have catastrophic results. “I really hope that after reading the book, families will understand that they are not alone, and that **help is available**. I wrote this book to help struggling students get back on track, and to give parents valuable tools to help guide their children to healthier, more positive outcomes.”

Feedback to Jannot’s book has been wildly positive, with reviewers labeling it, “A Must Read,” “Pertinent and Practical,” and “A Brilliant, Real-World Parenting Handbook.” The book is available on Amazon, in both print and Kindle editions, and will soon be available in limited bookstores nationwide.

About the Author

Dr. Jeannine Jannot is an adjunct-instructor of psychology and respected Academic and Productivity Coach with more than twenty years of experience working directly with children, teenagers, and young adults. Dr. Jannot's career is rooted in helping families, specifically children, who become paralyzed underneath mounting pressures of today's high-stakes education culture.

Recognizing how quickly these stressors can lead to a decline in children's mental health, Dr. Jannot founded "The Balanced Student," a coaching practice that helps students develop skills and enhance their mental and physical wellness so they can reach their academic potential. When not writing, researching, speaking, or teaching, Dr. Jannot, an Atlanta-based mother of three, is happiest when surrounded by family, including her dogs, Lizzy and Oscar.

Learn more about Dr. Jannot by logging onto <http://www.jeanninejannot.com/>

Citation:

1 – <https://www.pbs.org/newshour/nation/suicide-among-teens-and-young-adults-reaches-highest-level-since-2000>