

Countering the Anxious Generation: ICL Academy Confronts Teen Anxiety with Passion-Driven Learning

ICL Academy redefines education by turning screen time into service, comparison into confidence, and anxiety into action

LOS ANGELES, CA, UNITED STATES, October 13, 2025 /EINPresswire.com/ -- As anxiety and depression rates among teens soar to record highs—fueled by constant social media comparison, high rates of screen time, and growing disconnection—[ICL Academy](#) is taking a bold stand. The innovative online high school is reimagining education, blending academic rigor with purpose-driven learning and passion-based projects to help students replace scrolling with serving—and self-doubt with self-discovery.



ICL Student Luma Teixeira's Tennis 4 Good Academy in Brazil

ICL Academy's unique model empowers students to align academics with their individual interests—whether music, science, entrepreneurship, arts, or athletics—while engaging in real-world projects that impact their communities. By connecting learning to passion and purpose, students gain resilience, clarity, and confidence at a time when mental health challenges are at an all-time high.

"Anxiety often stems from chronic comparison and the feeling that you're not enough," says Kirk Spahn, Founder of ICL Academy. "But when students immerse themselves in their passions and focus on helping others, everything changes. They stop worrying about what others think, and start asking, How can I make a difference?"

Recent studies show that prolonged exposure to curated, filtered images on social media distorts self-worth and heightens symptoms of anxiety and depression. ICL Academy interrupts that cycle by fostering intrinsic motivation and giving students opportunities to create,

collaborate, and contribute in tangible ways.

Whether launching mental health awareness campaigns, coaching underserved youth in sports, designing sustainable startups, or composing original music that shares their personal story, students at ICL Academy learn that purpose, meaning, and peace come from action—not algorithms.

“We see the transformation happen in real time,” says Dayton Hansen, Chief Operating Officer of ICL Academy.

“Students who come to us feeling overwhelmed by outside pressures discover confidence and clarity once they engage in work that matters to them and to their communities. It’s education with heart, and it changes lives.”



ICL Student Daniella Sales takes care of her local beach as a volunteer for 4Ocean

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*Kirk Spahn, ICL Academy
Founder*

ICL Academy’s mission—Building Champions for Life—goes beyond academic excellence. It is about shaping young leaders who are mentally healthy, grounded, and equipped to thrive in an ever-changing world.

“When students lead with purpose and passion, they not only achieve academically, but they also develop confidence, empathy, and the courage to tackle real-world challenges,” Spahn adds. “They become the kind of leaders our world needs right now.”

By integrating passion-driven projects into every facet of learning, ICL Academy is proving that when education

connects knowledge with purpose, it transforms students from anxious spectators into confident, compassionate changemakers. The school envisions a future where learning fuels not only careers, but also character, resilience, and hope.

About ICL Academy

Born out of the ICL Foundation's Impact Learning Model™, ICL Academy offers world-class academics in a year-round accredited online school. In 2015, the first incarnation of ICL Academy was founded by educator Kirk Spahn, and accredited as a grade 5-12 school in Los Angeles,

focused on performing arts students. In 2019, ICL Academy became a fully online school, and expanded to meet the needs of driven students across the country. ICL's vibrant community was built on, and continues to revolve around, the foundation of the 6 P's: Passion, Purpose, Process, Perspective, Perseverance, and Personal Impact. Learn more at <https://www.iclacademy.org>

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ICL Student Kathleen Borthwick with Special Pops Organization

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