

# MANAGING THE COLLEGE STRESS EPIDEMIC

Stress is a serious, widespread problem for college students. It's critical to understand what stress looks like, and what to do about it.

## Types of Stress



**ACUTE STRESS**  
Usually triggered by an event such as a major test, acute stress is intense but goes away.

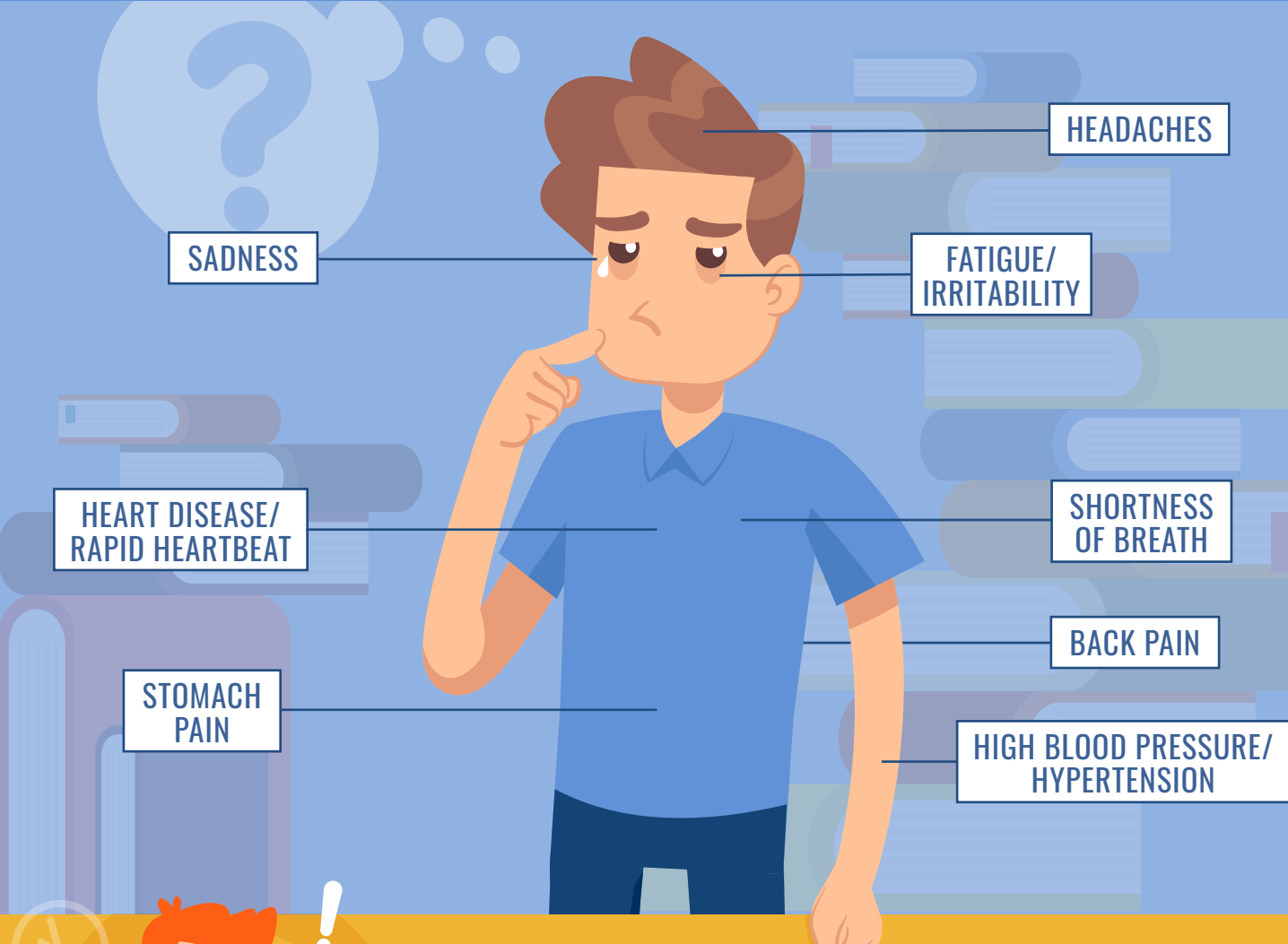


**EPISODIC STRESS**  
Often follows a pattern, such as being stressed out before every test or when meeting new people.



**CHRONIC ACUTE STRESS**  
Feeling stressed all the time, it is a serious condition that causes major physical health issues.

## Symptoms of Stress



### 45% OF COLLEGE STUDENTS

feel more than average stress, and 87% feel overwhelmed at least once a year.

Source: (Purdue University Global) Purdueglobal.edu: The College Student's Guide to Stress Management

## Causes of Stress

- ✓ **CLASS SCHEDULE** — Demanding classes, high-pressure classes, too many classes.
- ✓ **FINANCES** — Not having enough money to make ends meet or stay in school.
- ✓ **GRADES AND EXAMS** — Feeling unable to meet expectations.
- ✓ **HEALTH CONCERNS** — Especially when illness affects academic performance.
- ✓ **SOCIAL PROBLEMS** — Feeling lonely or having bad roommates or relationships.
- ✓ **THE FUTURE** — Uncertainty about post-graduate studies, careers, paying back debt.
- ✓ **WORK-LIFE BALANCE** — Not having time for a personal life.

## Average Yearly Costs of Attending College

**\$4,864**

Public community college (in-state)

**\$8,622**

Public community college (out-of-state)



**\$15,460**

Private community college

**\$17,580**

Public two-year college (in-district)

**\$25,290**

Public four-year college (in-state)

**\$40,940**

Public four-year college (out-of-state)

**\$50,900**

Private four-year college

Source: Valuepenguin.com: Average Cost of College in America

## Treating Stress



Maintain a healthy diet



Exercise regularly



Meditate and/or pray



Make sure that you're getting enough rest



Spend time with family and friends



Visit your school's health center



Undertake a mental health screening



Seek help from school support programs

### THERE'S BEEN A 30% RISE

in students seeking counseling for stress in colleges and universities.

Source: APA.org: By the numbers: Stress on campus



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