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A Student's Guide to Overcoming the Pressure to Succeed in Higher Education [brochure and video]

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Where does all the Stress & Pressure come from in college?

As the millennial generation reaches college campuses they bring higher test scores and abilities, but also more pressure to succeed. This is leading to increased stress levels all across college campuses within the United States. Students report having stress in many areas of their lives. Sometimes this stress results from internal expectations based on high school abilities or unrealistic goals. Other times, this stress is the results of pressure from family and friends.

In an age where students feel "every action should build toward their future life or career," stress seems inevitable. With so much going on and only 24 hours in day, 7 hours a week, approximately 16 weeks, and 3 semesters a year, there is just not time to do it all. Yet, most students feel as though it is a requirement.

If you feel this same way, this brochure will provide you with some techniques and resources on campus to help you handle your stress.

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ACHIEVING SUCCESS:

A Student's Guide to Overcoming the Pressure to Succeed in Higher Education

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CNS 577: Counseling in Student Affairs

TECHNIQUES TO HANDLE YOUR STRESS & LIMIT THE PRESSURE:

- **Use a Calendar and Planner**

Write your assignments, activities, and free time down in your planner. Look and plan ahead to future events. Make sure to set priorities, and take care of first things first.

- **Get Involved in Your Interest**

Social activities are often considered a good stress, so make sure you are involved with organizations you enjoy.

- **Maintain Contact with Family and Friends from Home**

Out of sight does not mean they have to be out of mind. Stay in touch and let them know what all you are doing. It will help them better understand when you seem as though you don't have time for them.

- **Let It Out**

Have a trusted friend or mentor to talk to. If these people are on the campus, they probably have shared your experiences.

- **Keep A Healthy Lifestyle**

YOU ARE NOT ALONE…

75% OF COLLEGE STUDENTS EXPERIENCE STRESS!!!

Some reasons for stress and increased pressure to succeed in ALL aspects of college life include:

- Heavier Academic Load compared to high school
- Parent's Expectations for school performance and your relationship
- Friends expectations of your time
- Involvement in extra-curricular or social organizations
- Time Management
- Need to respond to every text message, email, phone call, and Facebook or Twitter post (Just so you stay updated!)
- Career and Life Planning

CAMPUS RESOURCES TO HELP HANDLE THE PRESSURE:

- **Advising Center/ Tutors:**

Will help you get your academics on the right path and under control.

- **Computer Labs:**

Some are open 24 hours, so you can fit study in at any time. Just watch out for social media distractions!

- **Health Services:**

Most clinics have at least a nurse, but many have general doctors, dieticians, and other allied health professionals.

- **Counseling Services:**

Counseling provides someone to talk to when you feel like no one else understands.

- **Recreational Facilities:**

One good way to release stress is to do something physical. Workout, play basketball, or go to a exercise class with some friends.

- **Intramural Sports:**

Another way to fit in fitness while also having fun with friends. Also, take advantage to try some new sports. Sports

* **Most of these are FREE!** *