

# THE ROLE OF STRESS IN COLLEGE STUDENTS



Creator: Joshua Aguila  
ENG 1121  
Multimodal Project

Title: The Role of Stress in College Students  
Audience: City Tech Freshman  
Genre of Multimodal Project: Informative  
Poster



## College Student Stress



Stress among college students is a significant concern, as it can impact academic performance, mental health, and overall well-being. Stress is the body's natural response to perceived threats or challenges, causing most to fall into a state of worry. Several factors contribute to this stress, and understanding the effects of these stressors can help in developing strategies to mitigate them. In today's society, stress has become a common aspect in the lives of individuals across all walks of life. Many may not be aware of the stress college students face on their academic journey, and it is a growing concern that should be addressed.

## Sources of Stress

### Academic Pressure

- **Course Load:** Balancing between assignment deadlines, exams, and extracurricular activities can overwhelm even the best students, especially when dealing with other responsibilities.
- **Expectations:** Pressure to achieve high grades and maintain a strong academic record for a future career or to graduate school can be frustrating for some.

### Financial Concerns

- **Tuition and Fees:** The cost of tuition and likewise expenses can cause financial challenges.
- **Student Loans:** The possibility of long-term debt from student loans creates added stress.
- **Part-time Work:** Many students juggle part-time jobs alongside their studies to manage expenses, leading to time constraints and fatigue.

### Personal Challenges

- **Social Integration:** Forming new friendships and adjusting to a new social environment can be challenging. Some students may feel isolated.
- **Physical Health:** Poor nutrition, lack of exercise, and inadequate sleep can negatively affect students' health and stress levels.
- **Family Concerns:** Coping with dealing with family responsibilities and issues at home.



## Effects of Stress

- **Academic Performance:** High stress levels can impair concentration, memory, and overall cognitive function, leading to poor academic performance.
- **Mental and Physical Health:** Feelings of anxiety, and agitation, often accompanied by symptoms such as a racing heartbeat, tense muscles, and difficulty breathing. Moreover, a sense of frustration or helplessness, struggling to maintain focus, and motivation.
- **Behavioral Changes:** Students might engage in unhealthy behaviors such as substance abuse, overeating, or social withdrawal as coping mechanisms.

## Coping Strategies/ Solutions

- **Time Management:** Effective planning and prioritization of tasks can help manage academic workload.
- **Support Systems:** Seeking support from friends, family, and campus resources like counseling centers can provide emotional relief.
- **Healthy Lifestyle:** Regular exercise, a balanced diet, and adequate sleep are crucial for maintaining physical and mental health.
- **Relaxation Techniques:** Practices such as mindfulness, meditation, and deep breathing exercises can help reduce stress.
- **Professional Help:** Counseling services and mental health professionals can provide a plan and way in managing stress and other related issues.



## Campus Resources



Colleges offer various resources to help students manage stress, including:

- **Counseling:** Offering students therapy sessions.
- **Academic Advising:** Helping students plan their courses and manage academic expectations.
- **Financial Aid Offices:** Assisting with financial planning and management.
- **Health and Wellness:** Workshops on stress management, time management, and healthy living.



Scan here for a College Guide for Stress Management provided by Purdue University

Source:  
<https://www.purdueglobal.edu/blog/student-life/college-students-guide-to-stress-management-infographic/>

## Works Cited

Purdue Global. "The College Student's Guide to Stress Management", Purdue Global, 2 Jul 2020, [www.purdueglobal.edu/blog/student-life/college-students-guide-to-stress-management-infographic/](http://www.purdueglobal.edu/blog/student-life/college-students-guide-to-stress-management-infographic/)

### **Audience and purpose:**

The purpose of my informative poster about the role of stress in college students is to raise awareness among City Tech Freshmen about the common stressors they may encounter and to provide information for managing stress effectively. By highlighting the various sources of stress, such as academic pressure, financial concerns, and personal challenges, the poster intends to equip students with the knowledge and tools they need to navigate their college experience more successfully and maintain their well-being.