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Stress in College Kids' Lives

Jennifer Latawiec

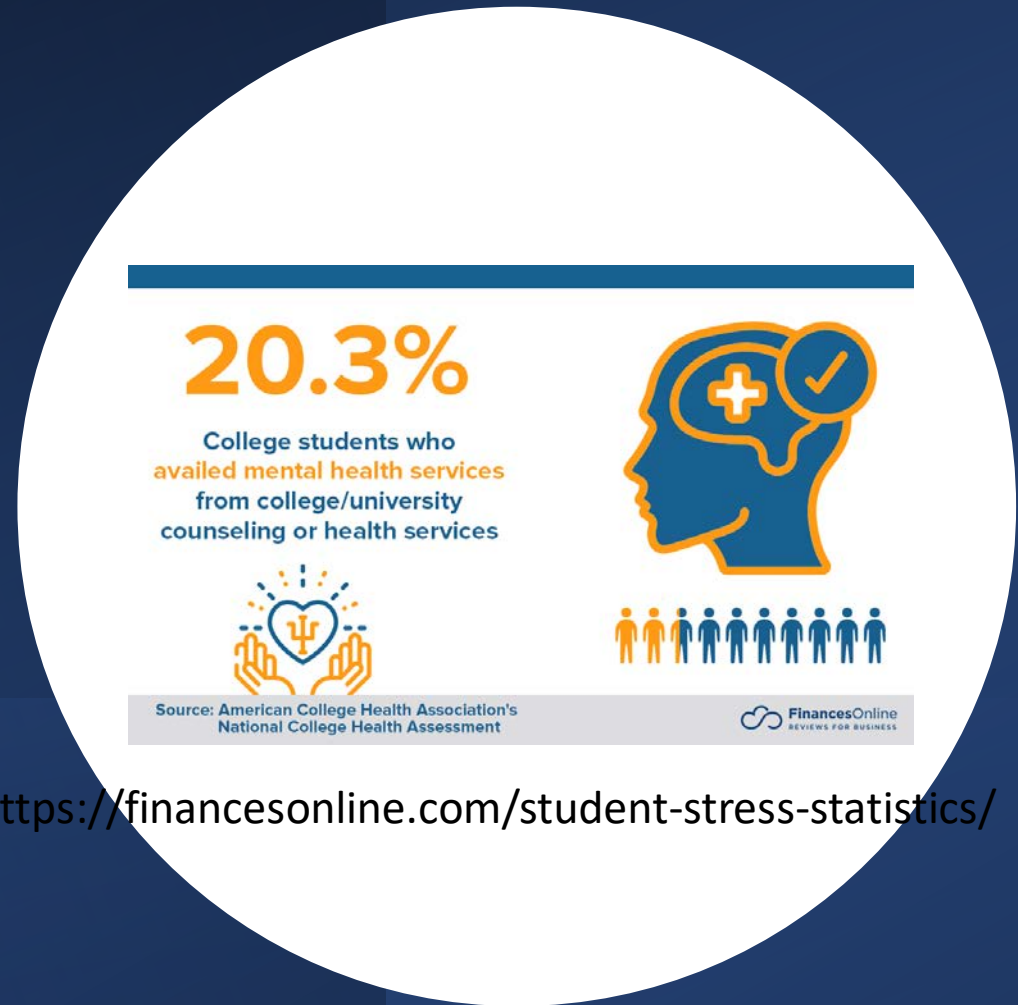
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Stress in College kids lives

Jennifer Latawiec, Bethann Wieder (Core 101-013)



<https://financesonline.com/student-stress-statistics/>

Goals

- The topic I picked to do my lesson on was Stress in the college kids lives. This topic was important because last year I was in their shoes and stressed out, so I wanted to bring awareness and let them know that they are not alone during this period of time. Stress can do a number like this quote states “Without those breaks of relief, heightened chronic stress can become unhealthy and lead to serious long-term health and social consequences, Adam adds. "The (stress) level in this particular generation was really alarming," she says, pointing to loneliness and uncertainty as two key factors at the root of rising stress levels among adults ages 18 to 23” (Kerr). Stress can have a short term or a long-term affect on you and most of the kids are hiding their stress and not opening up and getting help or advice on how to handle their stress. I wanted to bring awareness and let them know that they are not alone and even I can get stressed at times during the semester especially at the end of the semester. I also wanted to let them know that there are things to help them destress and that they need to take a break every once in a while, or they will burn out and we don't want that as they are supposed to be future teachers.



<https://thehavenatcollege.com/5-causes-of-stress-in-college-students/>

Materials

What Causes You Stress?

Hans Selye, a renowned stress researcher, defined stress as the nonspecific response of the body to any demand made upon it. A stressor, which is an event that triggers the physiological stress response, can be negative (e.g., a traffic ticket or an exam) or positive (e.g., a first date with someone you really like). Typically, the negative stressors are the ones that cause us distress. The following exercise is aimed at assisting you in identifying stressors in different areas of your life and examining how you cope with those stressors. Be as specific or concrete as you can.

1. Identify two academic or class stressors (e.g., the required use of a computer in class). Be as specific and concrete as possible in your description of the stressors.

How do you currently cope with each of these stressors?

Give some thought as to how you could handle each stressor differently. Develop a specific plan for altering your response to one of these stressors. Explain your plan in detail.

2. Identify two stressors in your personal life, such as in relationships with friends/family, career issues, residence, ball living, etc. Be as specific and concrete as possible in your description of the stressors.

How do you currently cope with each of these stressors?

Give some thought as to how you could handle each stressor differently. Develop a specific plan for altering your response to one. Explain your plan in detail.

3. Identify one physical symptom of stress that you experience often. Be as specific and concrete as possible in your description of the stressors.

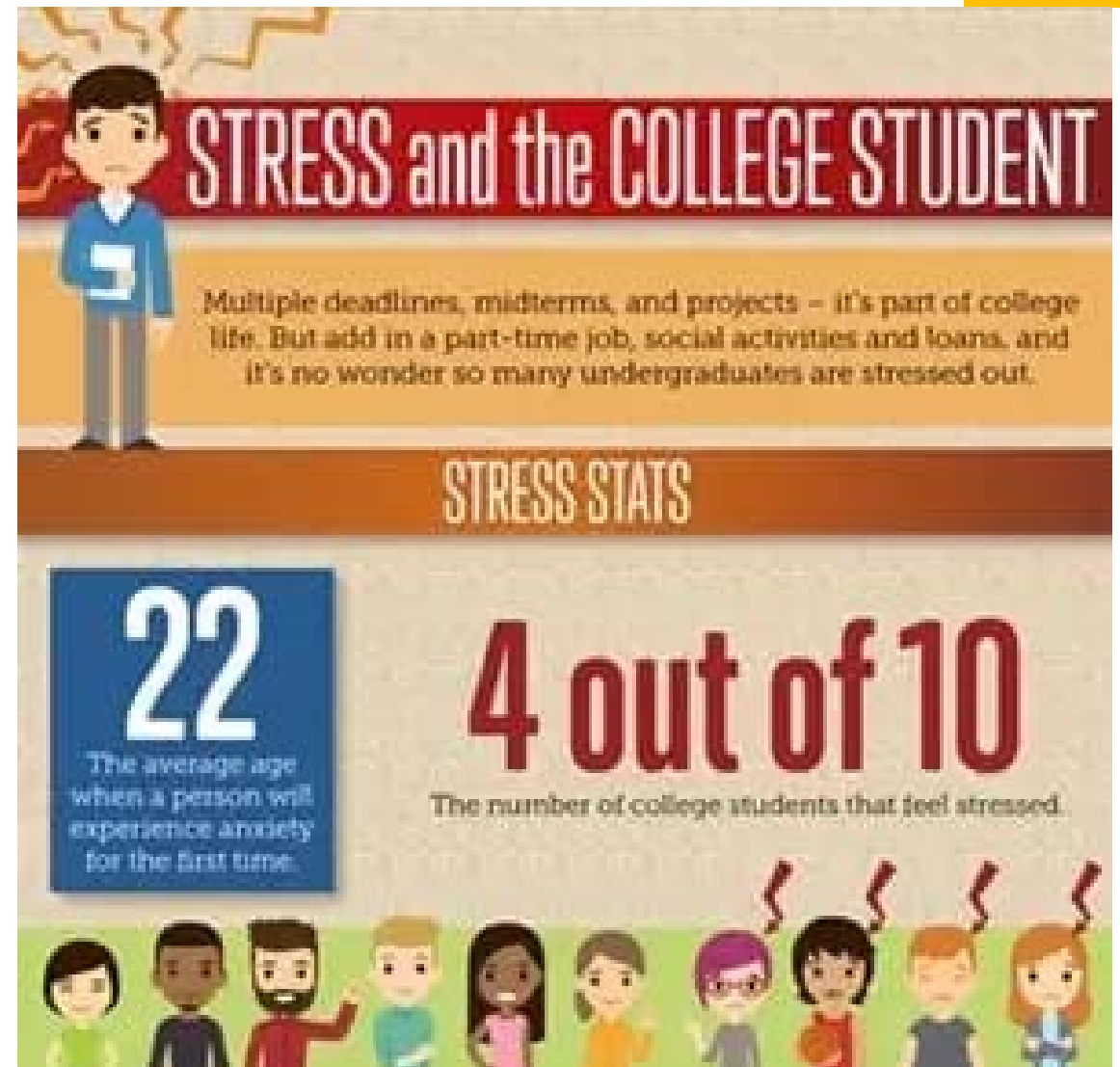
How do you currently cope with each of these stressors?

Give some thought as to how you could handle each stressor differently. Develop a specific plan for altering your response. Explain your plan in detail.

- Materials I used to be Worksheet, PowerPoint, Videos
- I let them fill out the worksheet and then we talk about stresses
- In the PowerPoint I put pictures of the percentage of stress and how it affects the body
- The videos brought awareness to the student how stress affects them

Strategy

- The strategy I used for this lesson were to tell them that they are not alone with the stress they are feeling in college.
- I let them share their answers from the worksheets if they wanted to talk about the stress they are dealing with.
- I let them ask me questions during the presentation and then after the video I asked them if they feel stressed then what could they do to help themselves.



<https://peachyessay.com/blogs/effects-of-stress-on-college-students/>

Active Learning techniques

- I introduced the topic and once I said I was going to talk about stress, it definitely got some of their attention and they were interested.
- I gave out a worksheet and had them fill out the sheet one question at a time because I wanted to go over each question.
- After I gave them enough time to fill out the question, I would answer the question myself and let them know I know the feeling that they are feeling right now in college.
- After I finished talking about my answer I opened up the room and let them share their answers only if they wanted too and once a few of them shared even more wanted to share and would ask for advice on how to handle it.

What causes it?

- Other stressors include being homesick, academic or personal competition, personal pressure to do well, social anxieties, and heavy workloads. Students also feel stress when they get too little sleep, a poor diet and even from having too much downtime.

- <https://thehavenatcollege.com/5-causes-of-stress-in-college-students/>

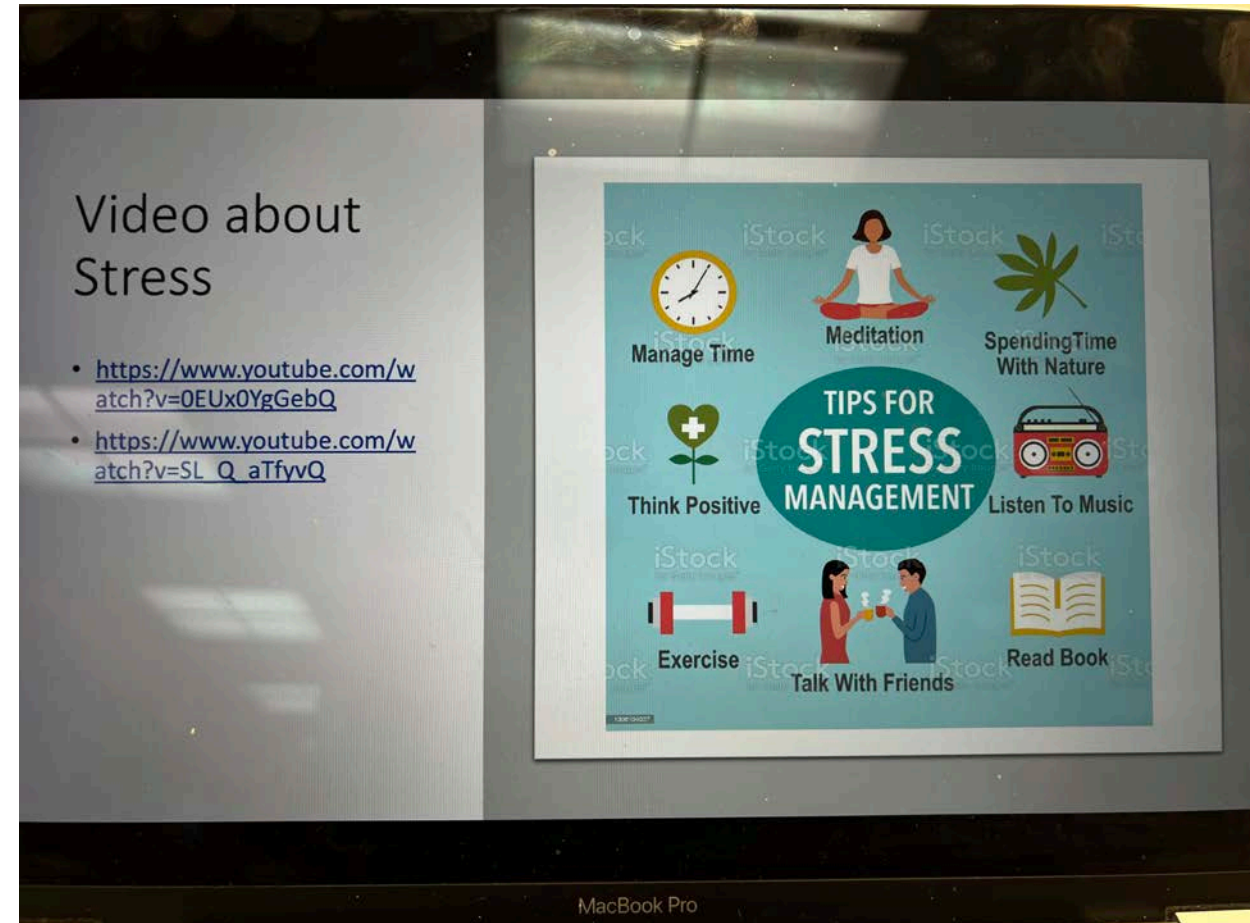
What Causes Stress for Students?

- Hunger
- Learning disabilities
- Abuse
- Bullying
- Peer Pressure
- Lack of sleep
- Health
- Relationships
- Mental health
- Teachers
- Parents
- Tests
- Homework
- Chronic chaos at home
- Physical threats
- Neglect
- Academic problems
- Exposure to violence
- Social isolation
- Domestic Violence

SEDNET
The Gateway Network for Student
and Community Health

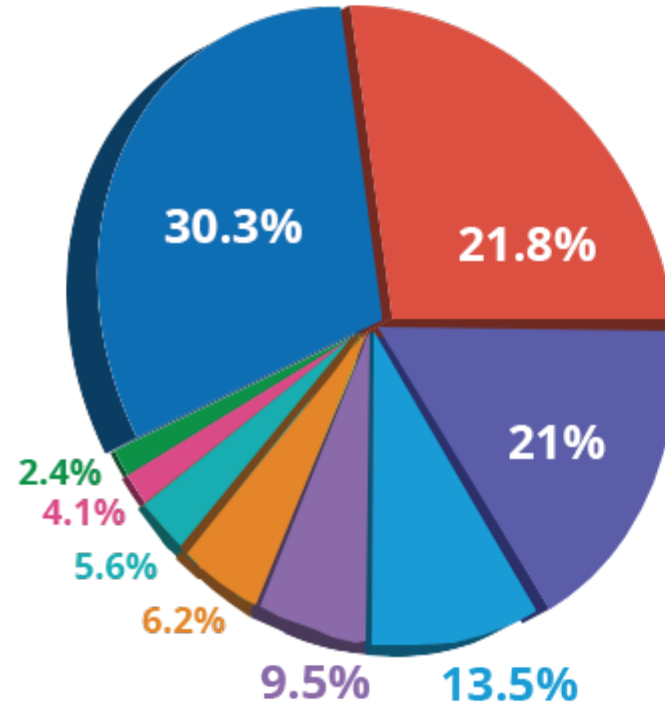
Active Learning Techniques

- After we finished the worksheet, I had a PowerPoint made up about what stress is and how it is caused and how to cope with it in their lives.
- I also had a slide on statistics because I wanted to let them know that even kids around the world are going through the same thing as them.
- This really opened their eyes about how much stress is preventable stress is and how it has a huge factor on their lives.
- The last thing I did with my class was we watched two videos on how stress is affecting them and how it can lead to long term affects on them in a bad way.



Some of the worksheet questions

- Identify two academic or class stressors (e.g., the required use of a computer in class). Be as specific and concrete as possible in your description of the stressors.
- Identify two stressors in your personal life, such as in relationships with friends/family, career issues, residence hall living, etc. Be as specific and concrete as possible in your description of the stressors.



Factor	% of Total
Stress	30.3%
Anxiety	21.8%
Sleep Difficulties	21%
Depression	13.5%
Relationship Difficulties	9.5%
Finances	6.2%
Roommate Difficulties	5.6%
Alcohol Use	4.1%
Physical Injury	2.4%

<https://www.kings.edu/file/2270>

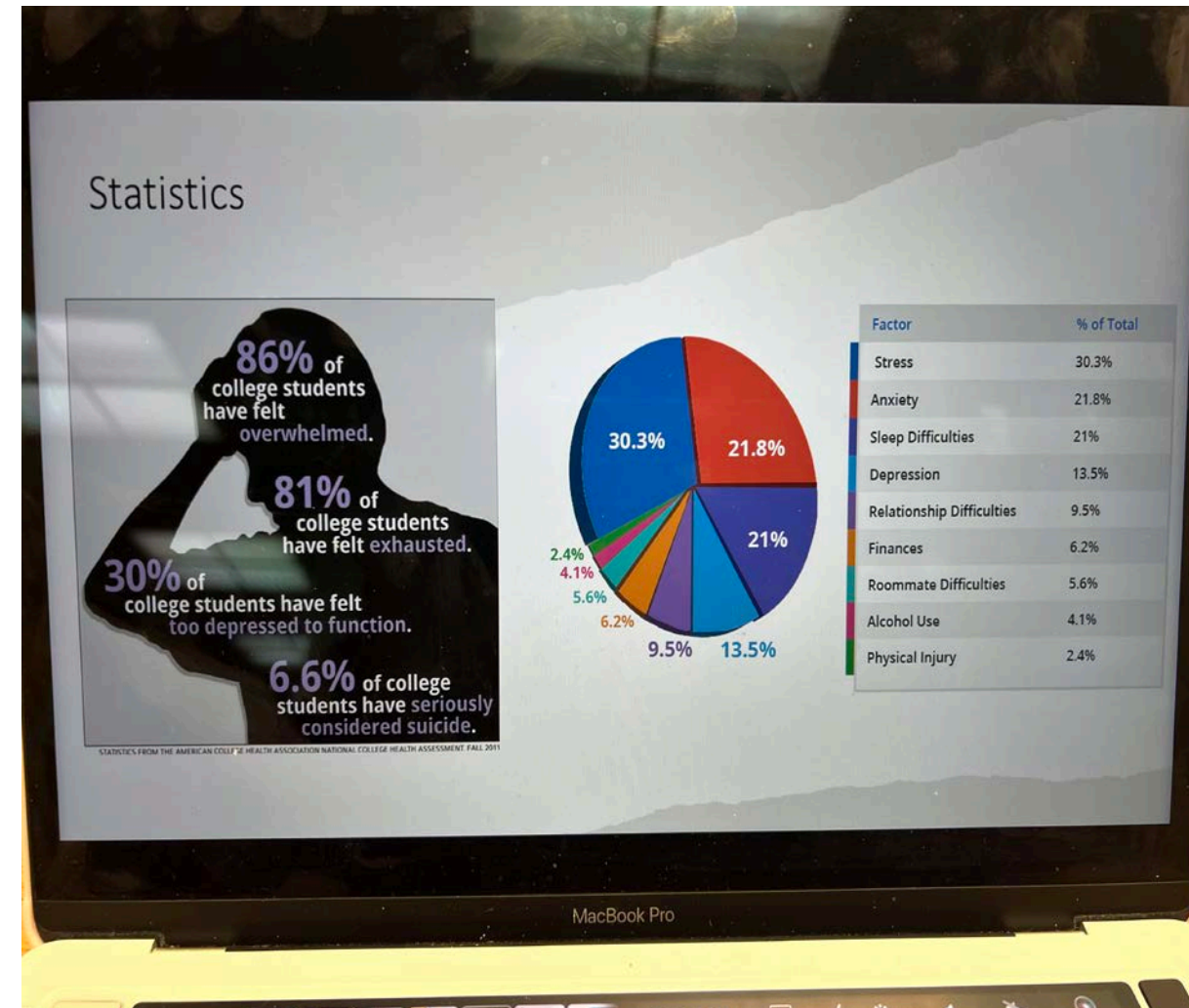
Some more of the questions

- Identify one physical symptom of stress that you experience often. Be as specific and concrete as possible in your description of the stressors.
- Give some thought as to how you could handle each stressor differently. Develop a specific plan for altering your response. Explain your plan in detail.
- https://bb.cortland.edu/bbcswebdav/pid-1902023-dt-content-rid-18834775_1/courses/2022Fall-COR300-501/What%2BCauses%2BYou%2BStress.pdf



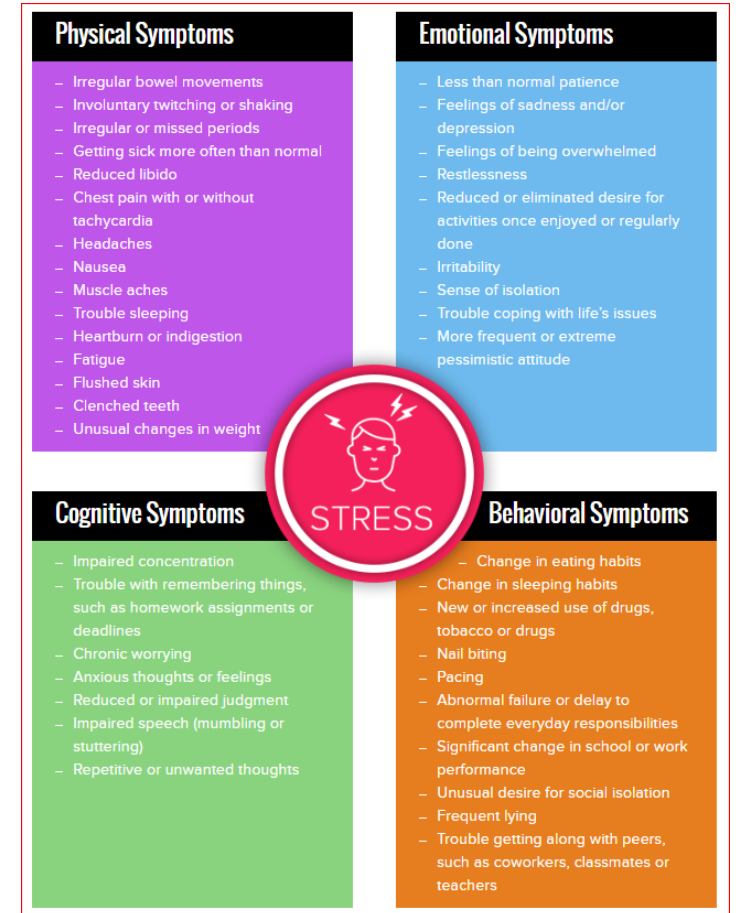
Teacher Assistant Reflection

- I think the students really enjoyed my lesson on stress because they knew that after that lesson that they are not alone, and I was feeling the stress from schoolwork. Also, they like the different things that they could do to help destress or things to do to relax for a little between doing their work. I got the students to come out of their shell and share how stressed out they are and what is stressing them. I think after the presentation a ton of them really got the message and were going to take better care of themselves and make sure the stress does not have a long-term affect on them. One thing I learned is I need to over plan because in my first lesson I had extra time but with my second lesson I planned a bunch of things and I ended the lesson with 5 minutes to spare and I used it for questions, and that I needed to have them interact with each other because they get to talk and get to the each other. Before this class I was nervous to talk in front of college students, but I think with doing the lessons it brought me out of my shell and showed me I can do it due to the fact that some of them took my lesson and acted on it and made sure they were taking care of themselves, and it shows that I can make a difference in their lives one lesson at a time.



Student reflection

- I enjoyed the stress lesson. Whenever it came to stress, I would often just push the problem and feelings under the rug and move on from it. But speaking about it as a class, and seeing how others handled stress, gave me some new insight. It was also interesting to learn that stress does not have to come from this large event. It can come from anything, even the smallest, and silliest things, which is okay.
- I thought your lesson was very helpful in seeing the different ways we can lessen our stress load. It made it clear to me that I wasn't alone in feeling overwhelmed about the amount of stress I face because of schoolwork. Your lesson helped me come up with ways I can take a minute to get back into focus.
- I thought that your stress lesson was very helpful but also really relatable. I know that we are adjusting to a new atmosphere, and it has been stressful. Your lesson helped me come up with ideas to help with my stress.



More student reflections

- I genuinely enjoyed your stress lesson because I get very stressed and overwhelmed very quickly. I think it's a lesson that everyone should have because everyone copes differently.
- I thought your lesson was helpful on learning different ways to deal with stress. I now know that many of my peers feel the same towards certain things as first year college students. I learned new methods on how to deal with it and how to possibly prevent my stress getting to me.
- I thought your stress lesson was very helpful and beneficial to my health. As well as acknowledging and understanding that stress is a normal emotion almost every college student faces. You presented that there are many ways I can deal with stress and what causes it, in which I can learn to avoid/ stop those things. I get stressed a lot, it's very easy to do so with all the work. You have taught me excellent skills that I can utilize to help my stress and learn how to control it!
- I thought your lesson on stress was very eye opening. I realized that I am not the only one going through a somewhat large amount of stress as a first-year college student. I also liked learning about the different kinds of stress and the effects that it has on us.

Work Cited Page

- <https://www.youtube.com/watch?v=0EUx0YgGebQ>
- https://www.youtube.com/watch?v=SL_Q_aTfyvQ
- Kerr, E. (2020, October 26). *Stress in College Students: What to Know*. U.S News Education. Retrieved November 15, 2022, from <https://www.usnews.com/education/best-colleges/articles/stress-in-college-students-what-to-know>

Class presentation PowerPoint – to see details with the second lesson plan – slide 1

Stress in our lives

Lesson 2

20.3%

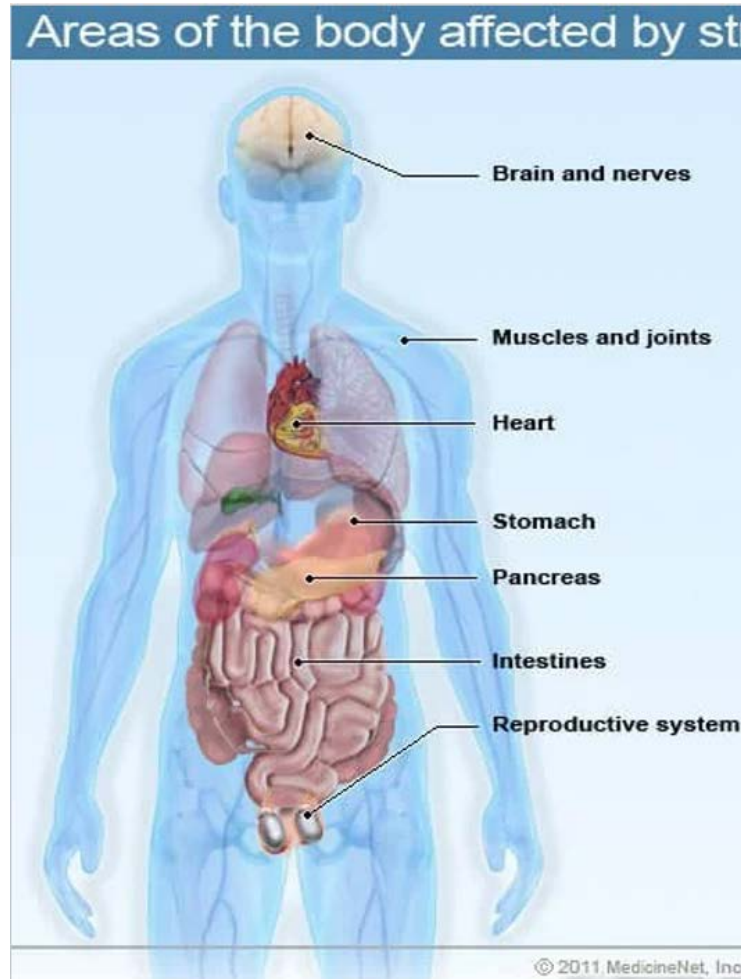
College students who availed mental health services from college/university counseling or health services



Source: American College Health Association's National College Health Assessment

FinancesOnline
REVIEWS FOR BUSINESS

Class presentation PowerPoint – to see details with the second lesson plan – slide 2




What is stress?

- Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand.
 - <https://www.who.int/news-room/questions-and-answers/item/stress>

Class presentation PowerPoint – to see details with the second lesson plan – slide 3

What causes it?

- Other stressors include being homesick, academic or personal competition, personal pressure to do well, social anxieties, and heavy workloads. Students also feel stress when they get too little sleep, a poor diet and even from having too much downtime.
 - <https://thehavenatcollege.com/5-causes-of-stress-in-college-students/>



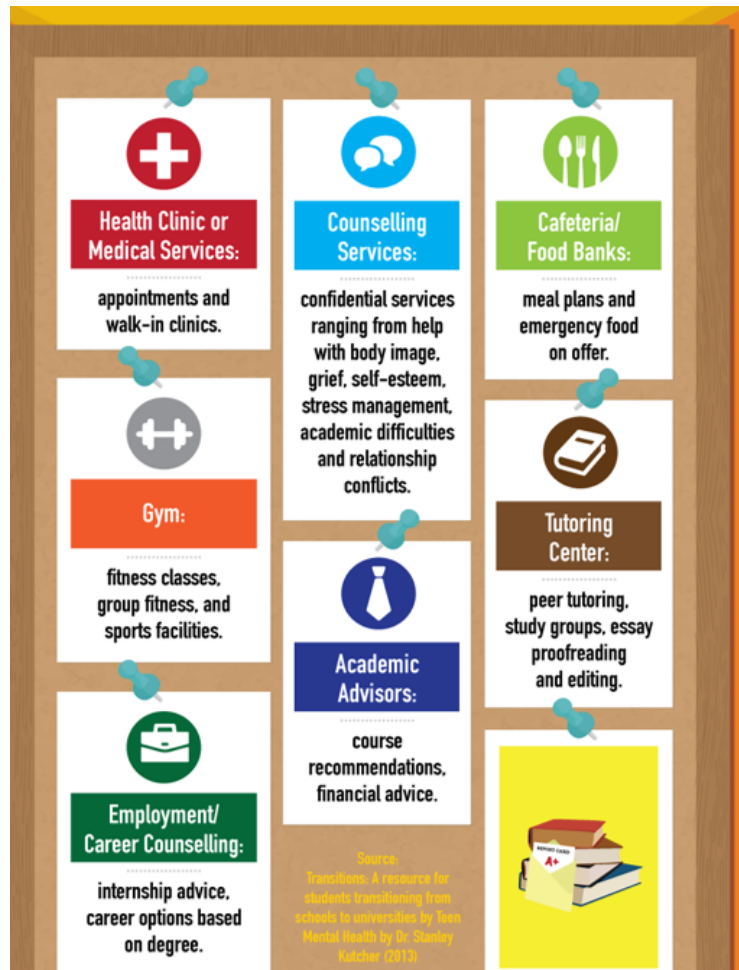
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- Health
- Relationships
- Mental health
- Teachers
- Parents
- Tests
- Homework
- Chronic chaos at home
- Physical threats
- Neglect
- Academic problems
- Exposure to violence
- Social isolation
- Domestic Violence

SEDNET
The Multiagency Network for Students with Emotional/Behavioral Disabilities

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Class presentation PowerPoint – to see details with the second lesson plan – slide 4



How to cope with Stress

1. Eat healthy foods. This sounds almost like a bummer, but it isn't. ...
2. Exercise. You may be surprised at how little you actually need to do to get some exercise in. ...
3. Get plenty of sleep. ...
4. Manage your time and learn to say “no” ...
5. Practice Mindfulness.
 - <https://www.caspercollege.edu/news/2020/09/five-top-ways-for-college-students-to-manage-stress/>

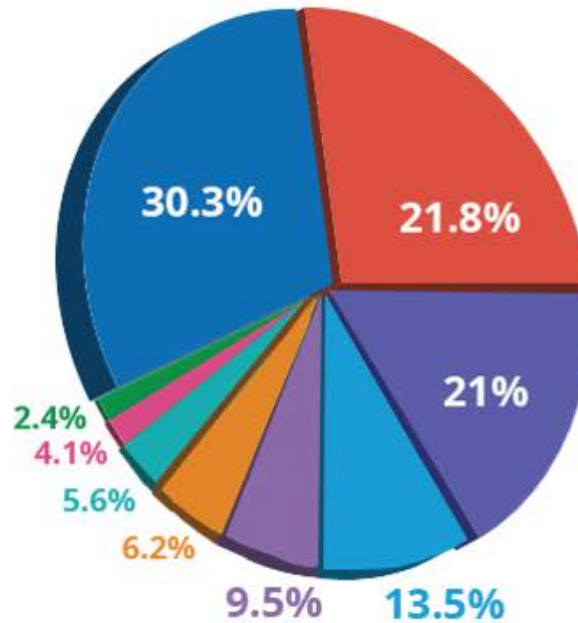
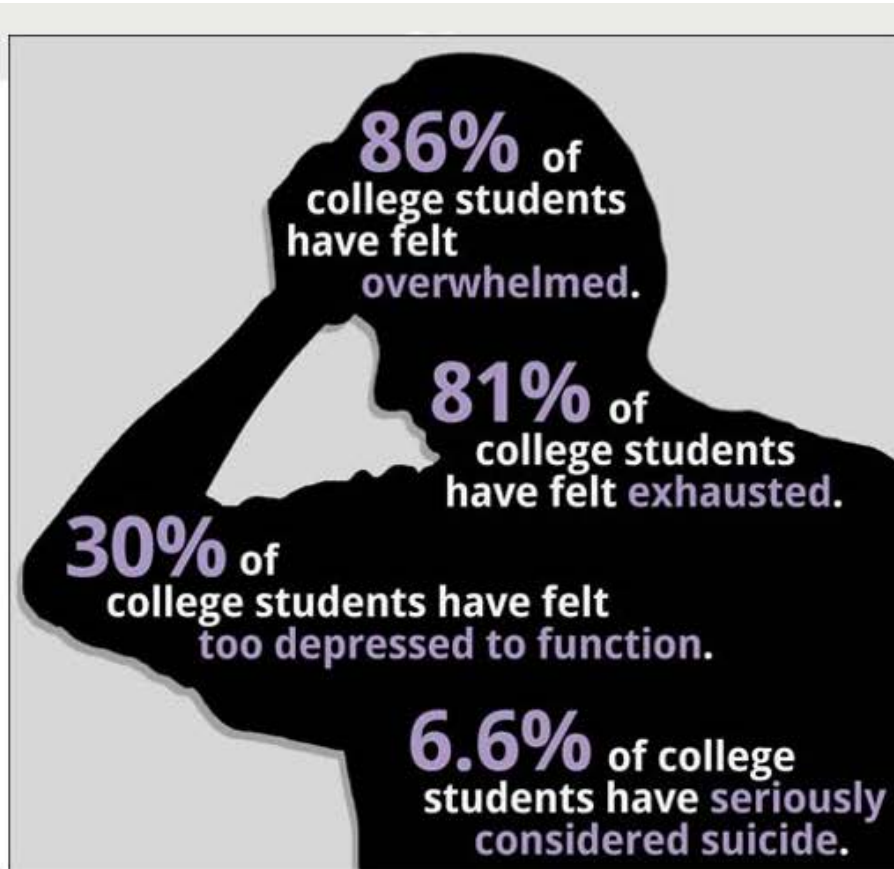
Class presentation PowerPoint – to see details with the second lesson plan – slide 5

How to cope with Stress Part 2

- [Stress management tips for college students](#)
 - [1. Get proper rest and sleep](#)
 - [2. Focus on health and nutrition](#)
 - [3. Be active](#)
 - [4. Have a stress outlet](#)
 - [5. Find connections](#)
 - [6. Practice self-care](#)
 - [7. Manage time effectively](#)
 - [8. Stay organized](#)
 - [9. Practice positive thinking](#)
 - [10. Try mindfulness exercises](#)
 - [11. Start journaling](#)
 - [12. Don't be afraid to reach out for help](#)
- <https://timely.md/blog/stress-management-tips-for-college-students/>



Class presentation PowerPoint – to see details with the second lesson plan – slide 6, Statistics



Factor	% of Total
Stress	30.3%
Anxiety	21.8%
Sleep Difficulties	21%
Depression	13.5%
Relationship Difficulties	9.5%
Finances	6.2%
Roommate Difficulties	5.6%
Alcohol Use	4.1%
Physical Injury	2.4%

Class presentation PowerPoint – to see details with the second lesson plan – slide 7



Why?

WHY IS IT IMPORTANT TO LEARN ABOUT STRESS?

- Stress is a normal, universal human experience.
- Attendance at college has been recognised as one of the most stressful times in one's life.
- Successfully completing one's college degree, and enjoying one's college experience, requires flexibility, adaptation, and persistence.
- Learning to effectively manage stress can increase one's chances of doing well in college and in later life as well.

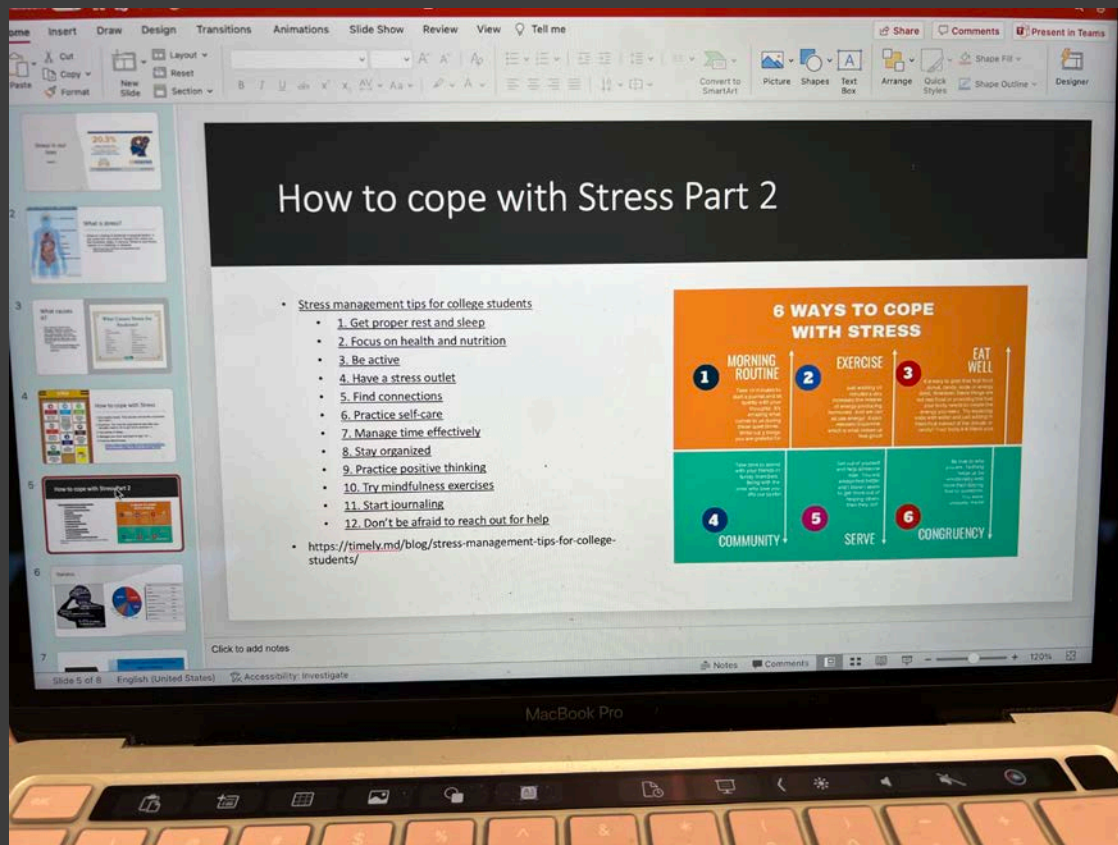
Class presentation PowerPoint – to see details with the second lesson plan – slide 8, videos

Video about Stress

<https://www.youtube.com/watch?v=0EUx0YgGebQ>

https://www.youtube.com/watch?v=SL_Q_aTfyvQ





<https://www.fix.com/blog/handling-stress-at-university/>

Pictures