

Academic Advisement Center

Manage Stress for College Success

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What is Stress?

It's the way your mind and body react to any new, threatening or exciting situation.

Stress can be:

Helpful—Stress gives you extra energy that can help you meet physical challenges, solve problems and reach goals.

Harmful—When stress continues without relief for long periods, it can cause headaches, backaches, loss of appetite, fatigue, depression and other physical problems.

Why should college students learn about stress?

As a high school student, you probably lived at home and went to school with friends you had known for years. You may have earned good grades fairly easily.

As a college student, you will probably live with one or more roommates. Your classmates will be strangers at first. The workload will be heavier and the competition tougher.

But, you can learn to manage stress and get more out of college !

- Keep in touch with family and friends through letters, phone calls or visits.
- Plan ahead for special expenses. Stick to your budget.
- Show your roommate the same consideration you'd like to receive.
- Establish "quiet hours."
- Respect others' point of view
- Resolve conflicts with parents, professors and friends sensibly.
- Choose a quiet study place.
- Learn to manage time.
- Take breaks.
- Recognize your limitations. Try to earn all A's and B's, but don't be discouraged if you don't.
- Don't give in to peer pressure.
- Don't skip classes
- Don't rely on cramming. Wild, disorganized studying increases anxiety and causes confusion.

You can beat test anxiety.

Be prepared. Ask the instructor what information the exam will cover and whether it will be an objective or essay exam.

Review all lecture and reading notes.

Enjoy 10-15 minutes of peace and quiet. Sit in a comfortable chair and think about a favorite place or object.