



What is Academic Stress?

Fear of failing. Choosing and/or changing you major. Managing your workload. Implementing effective time and task management. Balancing your social and academic lives. Meeting expectations. Competing with classmates. Participating in class. Tests. Papers. Public speaking. Grades.

What Can You Do to Fight It?

Study and Work Efficiently and Effectively

- Work when you are most productive (morning, noon or night).
- Remove yourself from distractions.
 - Study away from your phone, computer, AIM, etc.
 - Go to the library or some quiet, secluded space.
- Listen to music or work with friends if your task does not require 100% concentration.
- Work and study in a comfortable environment.
- Make class time more productive now to save yourself time and energy later.
 - Don't skip class!
 - Pay close attention and participate.
 - Take detailed notes.
 - Ask questions immediately if you are unclear about something.

Plan Ahead

- Write all due dates and exams on a large calendar and check it often.
 - Don't let assignments sneak up on you!
 - Write on the calendar when you hope to begin an assignment and not just when it is due.
- Start assignments early
 - Follow the 5 Day Study Plan for Exams.
 - Don't rely on cramming, it only increases anxiety and causes confusion.
- Break large assignments into smaller, more manageable pieces.
- Stick to your plan – try not to break your study sessions for impromptu social events.

Set Realistic Goals

- Realize your limitations – everyone has strengths and weakness, don't expect to be perfect every time.
- Set modest, attainable goals – not meeting large and overwhelming goals only causes more stress.
- Do the very best you can within your limits and accept the outcome.
- Avoid procrastination.

Take Care of Yourself!

- Reward hard work with breaks and treats – keep yourself motivated!
- Don't take on more than you can handle – it's ok to say no to extracurricular events or friends sometimes.
- Schedule time for recreation and relaxation
- Avoid alcohol and drug use.
 - Only temporary solutions
 - May cause excess stress in long run
- Eat right, exercise regularly, get plenty of SLEEP.

Seek Help, Don't Go It Alone

- Work in groups on assignments and projects whenever appropriate and possible.
- **Use the services of the PLTC!**
 - Utilize ASC Workshops to sharpen your study skills.
 - Find a Cafe Tutor if you need extra help in a subject.
 - We're here to help!



COMBAT GENERAL STRESS TIPS FROM THE HEALTH EDUCATOR

What is Stress?

It is your physical, emotional, and mental response to change, regardless of whether the change is perceived as good or bad. It's a short-term physiological muscle tensing caused by an adrenaline rush in your system. It increases your mental alertness and heart rate for a period of time. These symptoms eventually subside when the challenge has been met.

Learn More about Stress

Problems Associated with Stress

- Unrelieved stress may affect
 - Immune system
 - Nervous system
 - Heart function
 - Metabolism
 - Hormone levels
- As a result, you may become ill with something such as the common cold.

Short-term Treatment for Stress

- **STOP** what you are doing.
- **BREATHE** deeply and slowly.
- **REFLECT** the reality of the situation.
- **CHOOSE** what to do next.

Suggestions for Relieving Stress

- Engage in physical activity by running up and down stairs, going for a brisk walk (10-30 minutes), swimming, dancing, or using exercise equipment.
- Do gentle head rolls, shoulder rotations and shoulder shrugs on a regular basis when doing computer work to prevent neck and shoulder tension.
- Eat snacks while studying to maintain your blood sugar. Helpful snacks are yogurt, popcorn, peanut butter, crackers, pretzels and nutrition bars (especially those made for women such as Oasis or Luna bars).

- Watch your caffeine intake. Excess caffeine (over 3 cups of coffee, tea or soda per day) can increase heart rate and blood pressure adding to the symptoms of stress. Try herbal tea or plain hot water flavored with juice for a change of pace.
- Get at least 6-10 hours of sleep a night.
- Find a quiet place to sit for a short period of time (Chapel, Greenhouse, top floor Davis Museum, shore of the lake, or somewhere in your residence hall).
- Borrow a relaxation tape from the Health Education Resource Room (X2821).
- Make a schedule.

How Can Stress be Prevented?

- Stress is a complicated issue that requires time and patience. Make time to balance the pressures of academics and extracurricular activities with time for friends, sleep, and exercise. A healthy diet is also key!

For more information or to schedule an appointment please call Health Service X2810 or Health Education X2821.