

STATION #2

Directions: Use the alphabox chart you previously filled in, circle the items that cause stress written in the alphabox that are referenced in the article below. Add any causes of stress not listed in your original brainstorm to your chart using a **RED** marker.

What Are the Causes of Stress in College Students?

College students respond to stressors in different ways, but some situations are almost always stressful. Here are some of the most common stressors for students.

Finances

Many students work while in school to afford high tuition and housing costs. Unfortunately, part-time jobs typically pay just minimum wage. If you're struggling economically, speak to your financial aid office to see whether you qualify for grants, loans, or work-study.

Homesickness and New Levels of Independence

On top of classes, exams, and meeting people, many students have to deal with growing up. Out-of-state students may be living away from their homes for the first time in their lives, which can easily become a source of constant stress.

Living Among Strangers

Students new to campus life often feel isolated, especially if they're in an unfamiliar city or state. Some students are naturally shy and may find it difficult to make friends.

Cohabiting With Roommates

Many students may not be accustomed to sharing a room with someone else, especially if their roommate is someone they hardly know. This situation can compound the normal stress of college life.

Coursework and Exams

Students often feel overwhelmed by the increased workload associated with college-level coursework. This realization can blindside students and contribute to stress and anxiety. In many classes, exams make up a large percentage of students' grades, causing midterms and finals to be more stressful than normal.

Family Turmoil or Loss Back Home

A 2014 NPR study found that the death of a loved one is the second-highest cause of stress amongst U.S. adults. A death in the family can be extremely traumatic for college students, especially if they live away from home and can't afford to take a break from classes.

Work Schedules

According to a 2013 survey by Citibank and Seventeen Magazine, 4 in 5 students work while attending college. The average student works 19 hours a week. Many learners try to find a job that can accommodate the scheduling concerns associated with full-time education.

Social Obligations

In addition to academic pressures, college introduces plenty of social pressures, such as the idea that you must make tons of friends and party every weekend. Peer pressure and societal expectations can exacerbate stress, especially for first-year students.

Romantic Relationships

Romantic relationships take work. When you and your partner face the stresses of college life, the pressure can feel even greater. Additionally, many students may be in the process of questioning their sexuality and/or gender identity, which can impact dating and relationships.