October

Student Stress Experiences

Academic stress from midterms building with the great demand for studying and preparation. For some students this may be their first exam of the semester. For many the midterm work load pressures are followed by feelings of failure and loss of self-esteem.

Roommate problems continue, but they are smaller in scope than in previous months.

Values exploration continuing, especially in the area of sexuality.

Dating/non-dating/friendship relationship anieties extremely high. Non-dating students sense a loss of esteem because so much value is placed upon dating. For women who do date, the pressure to perform sexually increases and consequently increases feelings of rejection, loneliness, and guilt, and in some instances leads to unwanted pregnancies.

Homesickness may still be felt by a number of students.

Job panic for mid-year graduates continues.

Students decide to withdraw from school because they either realize that college is not the place for them, they return home for personal reasons, or they transfer to another school.

Grief from not being a part of a group develops because of inadequate skills for finding a group, or from not being selected by one.

Financial strain sets in from lact of budgeting experience.

Homecoming blues develop because of no date for social affairs, and/or lack of ability/opportunity to participate in activities.

Graduate School syndrome starts to emerge for graduating seniors - Signing up for the graduat school exams, wondering if you will be accepted, wondering which school to apply to, and questioning whether graduate school is the right thing to do.

Time conflicts between academic and social expectations emerges.

Advance enrollment planning involves starting to think about what to take the following semester.

Room reassignment planning involves starting to think about your housing options for next semester.

Program Ideas

Midterm Preparation Seminars and Handouts -
How To Study Effectively
Keeping Your Body in Tune for Exams
Test Anxiety Seminar
Loneliness Seminar (Sept. or Oct.)
"Budgeting What Money You Have Left"
Academic Advising Sessions
Alternative Homecoming Activity
All Hall Activity Day

September

Student Stress Experiences

Homesickness continuing for many students.

Roommate conflicts continue as students are still adjusting to new differences, compromises and experiences of living with another person.

Test anxiety develops with students taking their "first college exam," and/or their first test of the semester. Anxieties of not really knowing what the professor expects, how the test will be designed, studying the right material, and unnecessary worry are the contributing factors.

Disenchantment with school - low reward level because students begin to realize that life at college is not as perfect as they were led to believe by parents, teachers and counselors. Old problems seem to continue, and new ones are added. An external reality they had put their hopes in has failed them.

Adjusting to new study habits includes not just being able to study the way they did in high school. More time and greater workload needs to be incorporated into their schedule for studying.

Dating anxieties result from not being asked out, or not being successful in finding a date.

Job panic for mid-year graduates starts with the onset of resume preparation, and off and on-campus interviewing.

Adjusting to "Administrative Red Tape" with students soon realizing that it is usually a long and frustrating process when trying to find an answer to what seems to be a simple question, or trying to work something through the administrative process.

Family problems seem amplified because the student may be either caught in the middle, relied on for the answer, or because they are so far away, feel helpless in helping reach a solution.

Time management frustrations build with students trying to strike an equitable balance between their social and academic schedules.

Program Ideas

"How To Separate From Family and Friends - And Survive" (Aug. or Sept.)
Roommate Conflict Management (Aug. or Sept.)
Dating Skills Workshop
"Taking Your First College Exam"
Study Skills Workshop (eg. Memory Conducive)
Time Management Seminar
Mid-Year Graduation Seminar -
Resume Preparation
Cover Letter Writing
Interviewing
Job Search Strategies
Loneliness Seminar
How To Take Notes In Class
How To Survive in a University
Human Sexuality Workshop
Assertiveness Training Program

Calendars

The following pages are calendars of typical stress experiences that college students encounter. This information is good for helping you assess residents' needs in advance. Suggested programs to deal with these stresses are also included for each month.

The higher an item is on the listings of stress experiences the more likely it is to be experienced by a large number of residents.

(These calendars may also alert you in advance to things to watch out for in your own busy life...)

I thought you might be interested in some of this. Kim

Please route

X Sandra
X Diane W
X Laura
/ Steve
— Dave
✓ Rachael
— Steven

(Thanks to Bud Beatty and the ACUHO-I Educational Programs Committee for these calendars.)