

Five Stress Producing Situations for College Students

1. Separation from Family

- Positive: A chance to gain independence and grow apart from the family.
- Negative: Away from the positive support provided by the family.
- Requires new bearings and establishment of new support systems.

2. Freedom

- Few rules.
- Many decisions, adjustment to own values, responsibility for own mistakes.

3. Competition

- Competition for grades, grad school slots, jobs.
- How much stress is it worth to reach my goals?
- Much time spent alone working in isolation to reach goals.

4. Peer Pressure

- Conflicts between your own values and wanting to be accepted by others.
- Alcohol
- Drugs
- Partying
- Studying
- Sex

5. Choosing a Career

- Choosing a career that is interesting but also provides a good income.
- Satisfying your parents.
- Wondering about the job market.