

Student Stress Calendar

August / September

- Homesickness - especially first year students
- Roommate conflicts caused by personality differences - lack of understanding and unwillingness to compromise or the new experiences of living with someone for the first time
- Values exploration - students are confronted with questions of conscience over conflict areas of race, drugs, alcohol experimentation, morality, religion, and social expectations
- International students sense confusion, vulnerability, and lack of any advocate in higher positions while trying to make a successful cultural and academic transition
- "In-loco Parentis Problems" - students feel oppressed because of real or perceived restrictive policies and regulation of the college
- Campus familiarization - includes becoming familiar with the campus, your classroom's building, meeting places
- Test anxiety develops with students taking their first college exams, and/or their first test of the semester
- Feeling of inadequacy and inferiority develop because of the discrepancy between high school status and grades and initial college performance
- Dating anxieties result from not being asked out, or not being successful in finding dates
- Time management frustrations build with students trying to strike an equitable balance between their social and academic schedule
- Feels stressed to make friends and be part of a group

October

- First year students begin to realize that life at college is not as perfect as they were led to believe by parents, teachers, counselors, etc. Old problems seem to continue and new ones are added
- Academic stress from midterms builds with the a great demand for studying and preparation
- Mid-term workload 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
- Non-dating students sense a loss of esteem because so much value is placed on dates. The pressure to become sexually active increases and consequently increases feelings of rejection, loneliness, and guilt
- Job panic for mid-year graduates. Fall housing planning begins with trying to tentatively decide about living arrangements for the upcoming year
- Question major and if it is the right fit for them

November

- Academic pressure is beginning to mount due to procrastination, subject difficulty, and/or lack of ability
- Some students have ceased to make attempts at establishing new friendships beyond two or three parasitic relationships
- Economic anxiety. Funds from parents and summer earnings begin to run out
- Depression and anxiety increase because of feelings that one should have adjusted to the college environment by now
- Roommate problems may start to emerge again. This is mostly due to the pressure of school; tempers become shorter and people are less tolerant of others
- Deteriorating health can start affecting a student's performance. Reasons include the changing weather and either lack of nutritional food choices or the negative feelings about institutional food
- Living arrangement anxieties occur with the forcing of decisions- Should I move out? Live in the same building? Stay with the same roommate? Will a friend be left out of the plans?

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December

- Extracurricular time strain - seasonal parties, concerts, social service projects, and religious activities drain student energy
- Anxiety, fear, and guilt increase as finals approach and papers are due. Increased use of alcohol and drugs is sometimes a result
- Financial strain because of holiday gifts and travel costs
- Pressure increases to perform socially because of the approach of vacation and extended separation
- Friendship tensions become high with the onset of final exams

January

- Post-holiday depression after leaving home security
- Some students experience unwanted weight gain over the break with the holiday food and home cooking
- Anxieties and Depression about second semester performance begins because they did not do as well as expected the previous semester, and have added pressure of doing well to be able to stay in school or to keep their grades competitive with their peers
- Reincorporated social and academic life is difficult at first with not having to worry about school for an extended period

February

- Many students experience negativity because second semester is perceived as going “down-hill”
- Vocational choice causes anxiety and depression
- Couples begin to establish stronger ties or experience weakening of established ties
- Depression increases for those who have failed to establish social relationships or achieve a moderate amount of recognition
- Social calendar is non-active
- Depending on the weather, some people will experience cabin fever if the weather forces them to stay inside for a lengthy period of time.
- Anti-social behaviors can begin to occur
- Planning for Spring Break - trips, jobs, etc...

March

- With the pressure of the end of the semester approaching many students start to increase their use of alcohol and drugs
- Depression begins due to anticipation of separation from friends and loved ones at college
- Academic pressure increases
- Existential crisis for seniors - Is my education worth anything? Was my major a mistake? Do I really have to leave college? Why go on?
- Senior job interviewing causes increased level of anxiety

April

- Academic pressures increase with the end of the semester approaching
- Papers and exams approach
- Summer job pressures continue
- Senior job recruitment panic continues
- Financial strain from Spring Break affects social life
- Many students are forced to pick a major and are not sure what field they would like to enter
- Social life pressure increases-formals, parties, concerts, etc...
- Many students go through rejections or fear of rejections or envy towards their friends who have successfully found a significant other
- Frustration due to registration for the fall
- Many students go on crash diets because they may have gained weight during the winter or school year

May

- Increased anxiety develops because of the realization that the year is ending and deficiencies in a number of academic areas may still exist
- Finals pressures are at a critical level
- Senior job pressure increases for those who have not yet found one
- Depression over having to leave friends and people they have grown so close to during the school year
- Anxiety of having to go home after having been independent the past year, especially if they are having conflicts with their parents