

What did Ally LePage do to turn around her problem in balancing college/work/personal life?

From Article on "Stress and the College Student"

1. List three indicators that you may be experiencing stress.
2. What are three physiological changes that occur in people who are stressed?
3. List three of the common stressors in college life noted in the article.
4. Why do the college years some time bring about symptoms of past trauma?
5. What do we know about the rates of stress in college students compared to those who attended college 15 years ago?
6. How do some people use stress as an excuse to avoid getting emotionally attached to others?
- 7.. List 3 things people do to stay stressed or increase their stress level.
8. Explain how the College Readjustment Rating Scale can be a useful tool for stress management.
9. Give an example of a positive affirmation