


MANAGING ACADEMIC ANXIETY

**PRESENTED BY:
UNDERGRADUATE ADVISING & ACADEMIC
SUPPORT**



**WHAT MAKES YOU
ANXIOUS AS A
STUDENT?**

ANXIETY IN COLLEGE

- Anxiety in college is very common
- Even positive changes can induce stress
- No one is immune from stress
- 45% of college students say they experience “more than average stress”



APPROACH, DON'T AVOID STRESS



Anxiety and stress is caused by sleep disruption, loneliness and academic factors, etc.



Students cope by avoiding stressors (i.e.- skipping classes, staying in bed all day)



Avoidance tends to make anxiety worse over time



Take small steps to approach anxiety provoking situations

Practice self-care
Find resources on campus

TYPES OF STRESS

- Time Stress
 - Anticipatory Stress
 - Situational Stress
 - Encounter Stress
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- *You may experience one or more of these types of stresses*
 - *Not everyone experiences them all*
 - *You could experience different types of stress at varying times*



TIME STRESS

What is time stress:

- Worried about time or lack of time
- Worried about the number of things you have to do
- Fear you will fail to achieve something important

What does it look like:

- Worrying about deadlines
- Rushing to avoid being late
- Your workload
- Quality of work for a class



How to address it:

- Learn good time management skills
- Create to-do-lists
- Devote enough time to important tasks
- Create more time in your day
- Use peak times
- Prioritize your tasks
- Learn to say no

ANTICIPATORY STRESS

What is anticipatory stress:

- Anxious about the future
- Dread the future
- Worry that something will go wrong
- Nervous about an upcoming event

What does it look like:

- An upcoming test, assignment or presentation
- Graduation
- Career plans after graduation

How to address it:

- Imagine the situation going right
- Concentrate on what is happening right now
- Address personal fears
- Learn how to overcome fear of failure
- Make contingency plans
- Analyze all possible outcomes



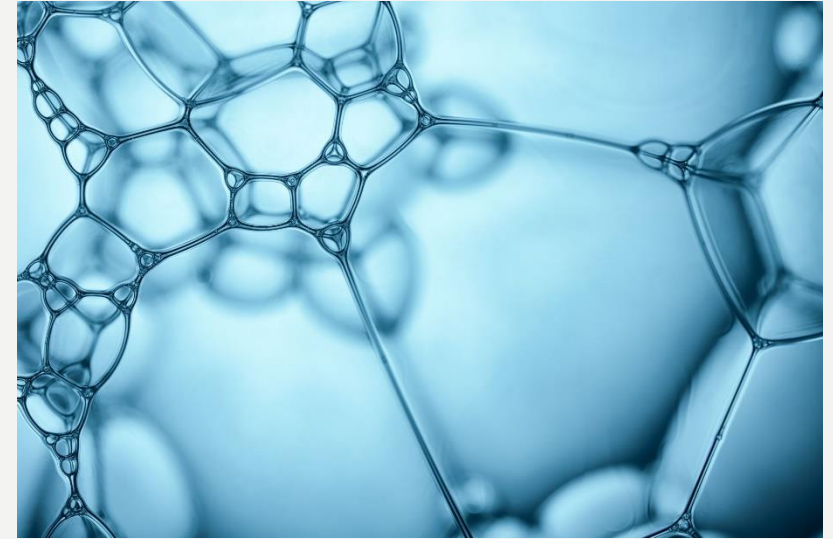
SITUATIONAL STRESS

What is situational stress:

- An upsetting/scary situation that you have no control over
- Involves conflict
- Happens suddenly with little or no warning
- Loss of status/acceptance

What does it look like:

- Forgetting your words during a presentation
- Receiving a poor grade on an assignment
- Having an argument with a friend
- Living away from home



How to address it:

- Learn to be more self-aware
- Recognize physical/emotional signals when under pressure
- Think on your feet
- Communicate better
- Manage your emotions
- Learn conflict resolution skills

ENCOUNTER STRESS

What is encounter stress:

- Revolves around people
- Worry about interaction with a certain person or group of people
- Feel overwhelmed or drained from interacting with too many people

What does it look like:

- Withdrawing from others
- Working mechanically
- Getting cranky, cold or impersonal with others



How to address it:

- Work on your people skills
- Recognize the emotions, wants and needs of yourself and others
- Know when you are about to reach your limit for interactions
- Take a break from interactions
- See the situation from the other person's perspective

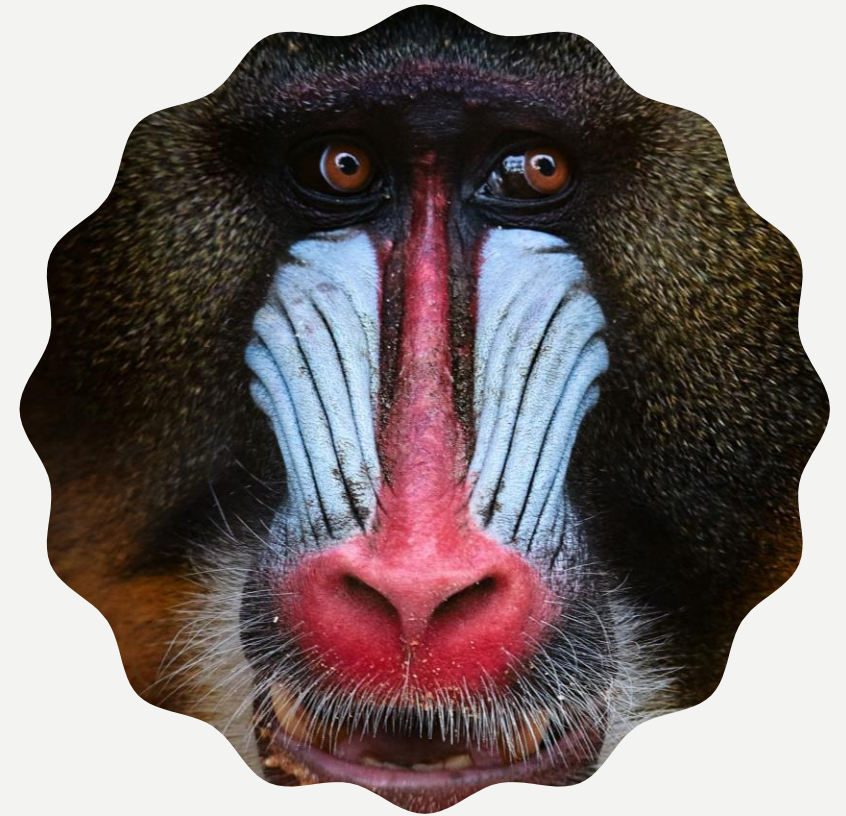
SYMPTOMS OF STRESS MAKE ME EXPERIENCE...

- Sickness
- Headaches
- Nausea
- Muscle aches
- Trouble sleeping
- Heartburn or indigestion
- Fatigue
- Flushed skin
- Clenched teeth
- Unusual changes in weight



SYMPTOMS OF STRESS MAKE ME FEEL...

- Less patient
- Sad or depressed
- Overwhelmed
- Restless
- Little to no desire to participate in activities I once enjoyed/regularly did
- Irritable
- Isolated
- Trouble coping with life's issues






SYMPTOMS OF STRESS AFFECT MY THINKING...

- Lose concentration
- Trouble remembering things
- Chronic worrying
- Anxious thoughts or feelings
- Reduced or impaired judgement
- Impaired speech
- Repetitive or unwanted thoughts

SYMPTOMS OF STRESS MAKE ME BEHAVE...

- Change in eating habits
- Change in sleeping habits
- Nail biting
- Pacing
- Delay in completing everyday responsibilities
- Social isolation
- Frequent lying
- Trouble getting along with peers





STRESS LEADS TO ACADEMIC ANXIETY

WHAT CAUSES ANXIETY

- Prior negative experiences
- Fear of failure
- Lack of preparation
- Poor time management
- Cramming
- Lack of confidence
- Pressure to perform well
- Unreasonable goals/perfectionism



HOW TO AVOID ANXIETY

- Know your limitations
- Understand your triggers
- Be more assertive
- Learn to say no
 - Your time is precious
 - Don't waste it on people and projects that don't align with your mission and goals
 - Make smart decisions
 - Evaluate invitations and offers



HOW TO COPE WITH ANXIETY

HEALTHY WAYS TO MANAGE OR REDUCE ANXIETY

- Study as much as you can
- Try to mimic test taking conditions
- Learn to study more effectively
- Find ways to calm down and relax
- Make sure you have plenty of time

UNHEALTHY WAYS TO MANAGE ANXIETY

- Smoke, use drugs or drink
- Spend compulsively
- Over or under eat
- Ignore the stressor
- Procrastinate with social media or streaming services

GET ENOUGH SLEEP

- Lack of rest can increase your stress level
- Your body needs 7 to 9 hours of sleep a night
- Get to bed before midnight
- Align your internal clock closely with the clock of the sun



EAT WELL

- An unhealthy diet can increase your stress levels
- When you eat healthy, your body gets the nutrition it needs to fight stress
- Avoid high-fat, high-sugar foods and go easy on caffeine
- Follow a diet rich in vegetables, fruits and whole grains



EXERCISE

- Exercise is one of the best ways you can reduce stress
 - Acts as a natural pain killer
 - Improves sleep
- 20 minutes a day for 3 or 4 days a week can reduce stress levels considerably
- Try something you enjoy doing
 - Try walking, jogging, yoga, swimming, etc.
- You won't continue something you don't like



HAVE AN OUTLET

- You need a break most when you believe you don't have time to take a break
- Find a new hobby, play sports, paint, draw, garden
- Do something that gives you an outlet from the tension of everyday life



BUILD A SUPPORT SYSTEM

- Having a strong support system is important during stressful times
- Surround yourself with family and/or friends who lift you up, encourage you, listen without judgement and provide sound perspective





THINK POSITIVELY

Your thoughts create
your reality

It's time to turn negative
thinking around

Try saying positive
affirmations such as

“I am relaxed and
calm”

“I can handle this
situation with ease”

“I will rise to the
challenge, no matter
the obstacles”

MAKE A PLAN

01

Get organized,
make a plan
and stick to it

02

Prioritize your
obligations each
week and then
schedule time for
each

03

Time for
studying, working,
family and friends
and yourself

04

Try not to
overload yourself

05

It is easy to take
on more than
you can handle



**WHAT ACTIONS
WILL YOU TO TAKE
MANAGE YOUR
ANXIETY?**

RESOURCES

- Anxiety in College: What We Know and How To Cope, Nicole LeBlanc - <https://www.health.harvard.edu/blog/anxiety-in-college-what-we-know-and-how-to-cope-2019052816729>
- Student Stress & Anxiety Guide, Staff Writers - <https://www.learnpsychology.org/student-stress-anxiety-guide/>
- The College Student's Guide To Stress Management, Purdue University Global - <https://www.purdueglobal.edu/blog/student-life/college-students-guide-to-stress-management-infographic/>
- College Life: 10 Ways To Reduce Stress - College Health - Everyday Health, By Jennifer Scott-Abby Ellin-Laura McArdle-Don Rauf-Becky Upham-Locke Hughes - <https://www.everydayhealth.com/college-health/college-life-10-ways-to-reduce-stress.aspx>
- Stress in College Students For 2019: (how To Cope), Western Governors University - <https://www.wgu.edu/blog/stress-college-students-2019-how-to-cope1902.html>
- Overcoming Test Anxiety, <https://www.einstein.yu.edu/education/student-affairs/academic-support-counseling/medical-school-challenges/test-anxiety.aspx>
- Albrecht's Four Types Of Stress: Managing Common Pressures, Bill T- Mind Tools Content Team- Mind Tools Content Team- Mind Tools Content Team - <https://www.mindtools.com/pages/article/albrecht-stress.htm>