



Volume 2, Issue 10

Monday Update

October 20, 2008

Stress Management in Academics

With tough requirements, difficult tests and exams, and other stressors, students face plenty of school stress and test anxiety. Here are some tips and resources to help students of all levels reduce the level of school stress and test anxiety they experience, develop study skills and reach their academic goals.

How can I reduce my stress?

Stress is a fact of life for most people. While you may not be able to get rid of stress, you can look for ways to lower it. Try some of these ideas.

Learn better ways to manage your time:

You may get more done with less stress if you make a schedule. Think about which things are most important, and do those first.

Find better ways to cope:

Look at how you have been dealing with stress. Be honest about what works and what does not. Think about other things that might work better.

Take good care of yourself:

Get plenty of rest. Eat well. Do not smoke.

Try out new ways of thinking:

When you find yourself starting to worry, try to stop the thoughts. Work on letting go of things you cannot change. Learn to say "no."

Ask for help:

People who have a strong network of family and

friends manage stress better.

How can I relieve stress?

You will feel better if you can find ways to get stress out of your system. The best ways to relieve stress are different for each person. Try some of these ideas to see which ones work for you:

Exercise:

Regular exercise is one of the best ways to manage stress. Walking is a great way to get started.

Write:

It can really help to write about the things that are bothering you.

Let your feelings out:

Talk, laugh, cry, and express anger when you need to.

Do something you enjoy:

A hobby can help you relax. Volunteer work or work that helps others can be a great stress reliever.

Learn ways to relax your body:

This can include breathing exercises, muscle relaxation exercises, massage, aromatherapy, yoga, or relaxing exercises.

Practice "being in the moment:"

Try meditation, imagery exercises, or self-hypnosis. Listen to relaxing music. Try to look for the humor in life. Laughter really can be the best medicine.

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.

Booker T. Washington

Campus Announcements

October 21

Last Day to Drop with a "W"
Full Term Courses Only

October 22

College of Communication & Information
Communications Job and Internship Fair
10:00AM - 3:00PM
UC Ballroom

October 23

Educational Advancement Program
Strategies for Academic Success Workshop
"Time Management"
12:00PM - 2:00PM
UC Room 237