

# Uncovering the freshman myth

Business



According to The Child Study Center. com, college students' stress levels have been on a constant rise since 2000. The reasons for this may be because of increased expectations, harder courses, and unstructured schedules. But one less known reason is the freshman myth. The freshman myth refers to incoming freshman starting their freshman year overly confident and optimistic. When the students' skills do not meet the freshman's academic or social expectations, disappointment and stress occur.

According to Roots of Action. com, unrealistic expectations of college experiences have been on a rise in the last decade. Television shows about college is a reason for this. The hit ABC Family series "Greek" follows students through their college years—mostly focusing on the Greek system and social activities, underplaying academics. Similar shows are the original Spike series "Blue Mountain State" and the NBC's series "Community."

" According to BrainStorm. com, 26% of college students spend 10 hours a week studying, while 20% of college students spend approximately 15 hours studying per week. Students should spend at least two hours studying per week for each credit they take. Abby, a college freshman, says, " For the sororities and fraternities, there are required GPAS and every Monday after chapter, all members have study tables where we all just do homework. Grades are the most important part in all of the sororities.

" As for student athletes, most colleges have assigned tutors and a required library and study hours. Along with that, NCAA athletes need to take a

minimum amount of credit and maintain a certain GPA in order to participate in practices and competitions.