

Answers essay example

[Life](#), [Friendship](#)



1) Choose one of the following stressors (5 points) and describe how it affects you personally as a college student (5 points) using the correct definitions presented in the article/PowerPoint lecture (10 points).-

relationships: peers- lack of resources: skills- environment: disruptive/hostile

One of the stressors that affect me personally as a college student is the stressor of peers. Peers are a part of meta-theme relationships. The college stressor that describes peer relationships includes developing strong relationships, leaving friends behind to go to school, and isolation from peers. I have left behind my best friends with whom I have developed strong relationships. 2) Provide two examples of how relationships with faculty can be considered a stressor for college students (5 points each) using the definitions presented in the article/PowerPoint lecture (10 points).

3) Explain what is meant by a stressor of expectations specifically related to self as presented in the article/PowerPoint lecture.

Stressor of expectation specifically related to self originates from the highly set goals that a student has set and the failure to achieve these goals.

Additionally, the students who have that trait of being perfectionists are at a larger level of stress because when they cannot achieve perfection in their college tasks, they feel depressed resulting in lack of motivation for learning.

Other stressor related to self is multiple roles (parent vs. child). There are many students who are also parents and they are constantly stressed because on the one hand they are concerned with their child's well-being and on the other, they have to participate in college activities in order to finish the college.