

Free essay on stress as a college student

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Then there is the issue of finances for daily upkeep. Students lack upkeep money to sustain them in carrying out the daily activities and the most basic needs are not met adequately relating to food, clothing and shelter. Most have to squeeze among congested rooms and opt to stay in hostels which are relatively cheaper eventhough a bit small as compared to rental houses outside school perimeters (Sharkin 45). However, those who stay in the rental houses incurs extra transport for commuter services which means that they have to dig deeper into their pockets. Despite this, most have to forego healthy meals and getting better clothing so as to meet their basic necessities which rank among the unlimited wants.

Students also incur too much finances in research and homework. Most of the lectures prefer typed, fully edited and sometimes work which is presented online. This means that students incur more costs in education and curriculum. The main issue arises where parents are not capable of providing finances to cater for these needs. The students have to work to raise the money needed and some even engage in criminal activities like drug trafficking (Monat 52). Others search for scholarships which may not be forthcoming.

Works cited

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Monat, Allan. Stress and Coping: An Anthology. (2nd Ed.). Columbia University Press. 1985. Print.

Sharkin S. Bruce. College Students In Distress: A Resource Guide For Faculty, Staff and Campus Community. 2006. Haworth Press.

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