

Stress student assignment

[Education](#)



Outline for informative speech Purpose: To inform the audience about student stress. Thesis: Today I will discuss about sources and effects of student stress and efficient ways to manage this emotional and physical strain. Organizational Pattern: I. Introduction A. Attention Getter According to the Student Living Report 2002, an ongoing survey of student experiences carried out by MORI for the UNITE Group, more than half of students (53%) said they had become more stressed since starting university. B.

Relevance Stress is what you feel when you react to pressure, either from the outside world (school, work, after-school activities, family, friends) or from inside yourself (wanting to do well in school, wanting to fit in). Stress is a normal reaction for people of all ages. It's caused by your body's instinct to protect itself from emotional or physical pressure or, in extreme situations, from danger. C. Credibility As a first year student I myself have experienced many of the stressful situations I'll talk about. D.

Thesis Today I will provide some important an useful information about student stress. E. Preview Specifically, I will discuss the causes, effects, and means of diminishing the negative aspects of stress Transition First, I will discuss about the sources of stress. II. Body A. What causes stress? 1. According to the Student Stress Survey based on the Student Stress Scale and the Taylor Manifest Anxiety Scale, intrapersonal sources of stress were determined to be the most common sources of stress. 1. change in sleeping habits (89%) 2. vacations/breaks (82%) . change in eating habits (74%) 4. responsibilities (73%) 5. increased class workload (73%) 6. Financial difficulties (71%) and change in social activities (71%) were also frequently reported stressors. 2. But The Financial and General College Advice for <https://assignbuster.com/stress-student-assignment/>

Students and Families website mentioned mainly interpersonal and environmental stressors as being causes for student stress- finances, academics, time management, roommate conflicts and relationships. 1. More and more students have to pay for college on their own, or with little assistance from their parents.

Learning how to live on one's own and today's complicated financial world is stressful, and it's no wonder that some students would rather drop out and get a job rather than continue studying. 2. All the academic activities-clubs, jobs, teams, grades, assignments, classes a student has to accomplish form a big" ball" of stress. 3. Managing time can be quite stressful for anyone as busy as the modern day college student. Many students lose sleep or feel as if they just don't have enough time to accomplish what they need to accomplish. 4. Roommate conflict is almost the first one that comes as starting life on campus.

College students are forced to live with people who may have different values, beliefs, schedules, and habits than they do. There's nothing worse than having to sleep in the same room as someone you'd normally hate or never talk to. 5. Many relationships are started (and ended) throughout college years. Those who are in relationships have to deal with the stresses of arguments, seeing someone too much, seeing someone not enough and those pesky long-distance relationships. Transition Now that we have covered all the essential sources of stress it will be most appropriate to continue with the effects of the stress. B.

Effects of student stress. 1. In most cases stress has a huge negative impact on the student's health. a) First of all stress causes depression and exhaustion. b) It can also cause different minor health problems like headaches, stomachache, trouble sleeping, but also many serious illnesses like digestive upsets, asthma or heart attacks. c) Stress also causes loss in weight or other alimentary disorders. d) And finally stress has the greatest impact on academic success. 2. Sometimes stress can even be useful. When students appraise their education as a challenge, stress can bring them a sense of competence and an increased capacity to learn.

The Yerkes-Dodson law postulates that individuals under low and high stress learn the least and that those under moderate stress learn the most.

Transition Now after talking about causes and effects of stress I'll give five of the most common stress relievers . . C. Managing stress 1. Physical activity is a great stress reliever. It's healthy, and for the college student who wants to look more attractive, working out is one way to help that. 2. Sleep deprivation is like an epidemic on college campuses. Some extra sleep is a perfect reliever after a stressful, sleepless week. . Take a few minutes out of the day to lie down and listen to your favorite music (even if people wouldn't consider it calming music). 4. Taking the time to cook yourself something healthy, or find a healthy place to eat on campus can do worlds for your body. 5. If you simply manage the time, it won't be as stressful. Make use of date books, calendars, planners, and anything else you need.

Transition In conclusion, III. Conclusion A. I have discussed the main interpersonal and intrapersonal cause of the stress, effects, and methods for dealing with student stress.

B. I agree that university is a stressful time of life for many of us. But if you take control and work on relieving stress, you can truly enjoy student life to the fullest, and you won't be nearly as confused and stressed. References
http://www.channel4.com/health/microsites/0-9/4health/stress/syp_student.html
<http://www.ehealthmd.com>
<http://familydoctor.org/handouts/278.html>
<http://www.americanheart.org/downloadable/heart/110167971464923%20HowCanIManageStress.pdf>
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