

# The stress in college student assignment



The Stress In College Students Having stress In life cannot be avoided. It Is common to be stressed out If you are a college student. Why Is college stressful? College has become much harder and more expensive for students. Also they have to face with so many things of their piece of life, therefore they are stressed out. For example, work beside school, choosing a right major for your future, and doing well on tests and projects is enough to make anybody feel overwhelmed.

The first cause for college students to be dressed out is that a lot of people tend to be independent and move away from their support system. Since students start going to college and have to work beside school because of independence, their daily routine, including their time management, and their sleeping and eating habits, are changed. First, College students would be busier and have more homework than high school students, therefore their dally routine would be changed. They would have less time spending with their family, or hanging around with their friends.

Second, for someone who works beside school to make some money for paying bills, they usually do not have enough time to do their homework. According to professors In college, students cannot work more than twenty hours per a week if they want to get high grades. It is hard to balance the time between school and personal life. How would students feel if the due date of an assignment is coming up, but they do not have a chance dodo it? Obviously, they become worried and stressed about it. Another common reason is that students ark too hard and they do not sleep enough.

No matter what, a lack of sleep will make them feel tired and they are not able to be alert to study well. A student will get in trouble if he or she falls asleep because of doing homework until midnight after going back home from work. In addition, many students are too busy for school, or they spend most of their time studying on campus, then they skip their eating habit. Consequently, their health will get worse. Ultimately, they get stressed because they do not know how to manage their schedule correctly.

Second reason for being stress in college is choosing a right major. It is important for students to choose what direction they want to go in their life. When they cannot decide their major, their mind is distorted because of so many people's advice. Many students do not know what to take in the first year in college, or they change their majors after picking a wrong major. The third reason is that students experience stress because of tests and projects. Normally, they usually get nervous how hard the test is going to be.

Also, they expect a high score for the project, but the result comes out is not as good as what they expect. I am taking college seriously, and I want to graduate with good grades. One time, I took a test and got a bad grade. Then I became angry with people around me for no reason. It was hard to Imagine how disappointed I was when I studied hard for that test, but still did not do well on It. Most of time, the more I hope, the more frustrated I am when the result comes out worse than what I people are stressed, they tend to not take care of themselves as well," says Elizabeth

Scott. " They do not do healthy behaviors like eating right, exercising and even going to the doctor as much as they need to". Moreover, stress can

also influence social relationships. Getting a bad grade on the test and being stressed makes one angry with people. “ If you are stressed out, you are not going to be able to form these bonds or you are going to have problems maintaining relationships,” says Barbara Rebel. In conclusion, students cannot avoid stress in college, however they should know how to relieve it.