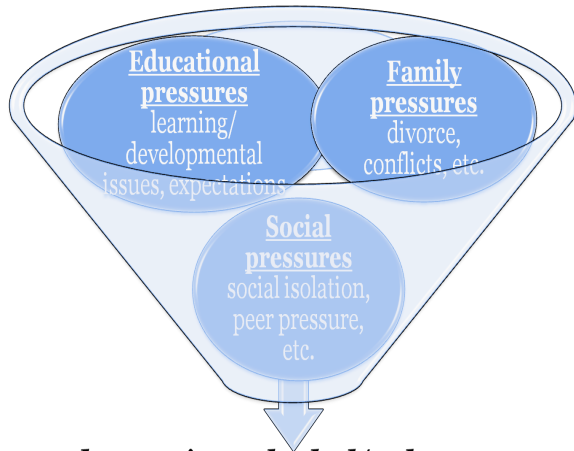




Challenges & Stressors for College Students

Life for Today's Teens: Stressors that Surround Them



depression, alcohol/substance abuse, anxiety, suicidal thinking, etc

- Expectations of others
- Making friends and fitting in
- Body changes
- Hours of school work
- Mental health issues
- Substance use and abuse
- Sex and sexuality
- Friends in crisis
- Emotions
- Social media
- Violence

REASONS STUDENTS WITHDRAW

1. Lack of academic preparedness
2. Finances
3. Personal struggles
4. Lack of connection or guidance
5. Disinterest in plan of study

Why Is College So Challenging?

- Application
 - College stress begins in high school
 - Must qualify to get in (grades, activities)

QUICK TIP

Teach Students to Get Good at Small Talk!
Practice Starting Conversations:

- Initiate it
(10 seconds, 10-20x/day)
- Risk it
- Watch for outcomes

• Socializing

- Communal living, roommates, dorm life
- Formal and informal socializing
- Initiating (They have rarely practiced this skill because of COVID and social media)

• Academics & Schedule

- Scheduling classes, going to class, work outside of class
- Additional activities, job, etc.

- Juggling all of it *(Most things were structured for them in HS)*

