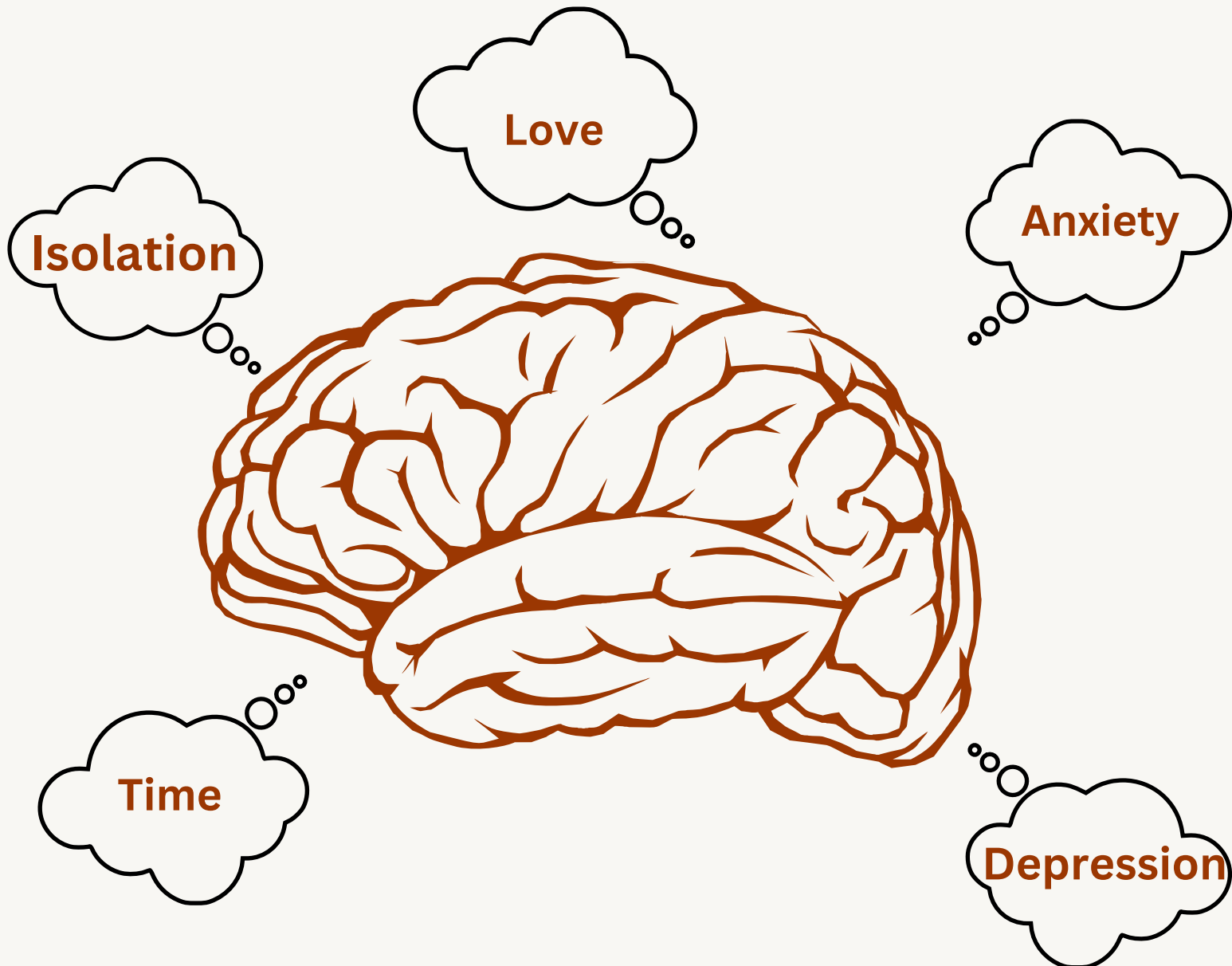




Inside the Mind of a First Year College Student



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Mental Health Effects On First Year College Students' Performances

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Ms. Tiffany Ellis

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Introduction

First year of college tends to be among one of the most difficult years. First year students are usually fresh out of high school, ready for a transition. Lots of students go through struggles in high school and are ready for a fresh start, but they are not prepared for what college brings. High school is where students develop and figure out how they want to influence the world, and college is where they put their wants and desires into action. The unique thing about college is that it is a fish bowl filled with people and it can be very easy to drown. One missing assignment can be the difference between failing and succeeding in life. One test grade can be the difference between happiness and depression. With struggles comes mental health issues. Mental health is very crucial when succeeding in college, especially one's first year of college. College is very different from high school because college requires maturity and determination. When students make that transition between high school and college, depression, anxiety, and stress develops because of the difference in course work. Mental health impacts the performances and interactions amongst mine and other students' first year of college.

Mental Health Disorders

Mental health disorders cause students to decline in social, cognitive, and emotional health. Mental health disorders that affect college students the most are depression and anxiety. Anxiety is directly linked to stress because as students become more stressed with coursework and assignments, it causes anxiety and heart rate levels to rise and it results in a state of panic. Yamei Liu states, "... the problem of negative emotions among college students is becoming

increasingly serious, with anxiety and depression becoming prevalent mental health challenges. The college student population is particularly vulnerable to anxiety and depression due to factors such as academic stress, interpersonal relationships, and uncertain employment prospects” (Liu). Mental health itself is crucial to everyday tasks. When one’s mental health starts to decline, it affects their whole lifestyle. College students deal with non stop rigorous assignments, exams, projects, and quizzes. When it comes down to one’s first year, it is like a rude awakening. It hits students suddenly and they can decline with their mental health which affects their grade point average and social skills. Yamei Liu also states, “ In addition, a study by Tavakoly [13] found that depressed individuals often lack active participation in daily life and may suffer from sleep disorders, eating disorders, and other problems, which further exacerbate their feelings of physical discomfort and negative psychological states” (Liu). The first year of college often sets the tone of how one will succeed in life, but if one does not take care of themselves then they can develop sleep, eating, and other disorders that can affect one’s life. Mental health is very important and can either improve or damage a student’s performance in college.

Data Research on Mental Health

Research findings on the connection between mental health and college students has been becoming more consistent that mental health negatively affects the performance of college students. Tony D. Crespi and Jenifer T. Becker conducted research on how family relations can impact mental health and therefore affects first year students. It consisted of 12 freshmen ranging from ages 18–20. The study states, “Further, 80% reported that friendships and close relationships with those at home have an impact on college adjustment and satisfaction. Key areas of concern involved eating disorders, substance abuse, and personal adjustment” (Crespi, Becker). First year students go through huge transitions whether it is maturity or physical

transitions. They are not at the comfort of their home and students can become homesick. This can result in a decline in grades and social interactions. The study also states, “ In addition, 60% reported that college freshmen faced more complex issues than they did as high school seniors; 60% felt that academic issues were their main concerns; 50% indicated that closer relation-ships now caused more stress” (Crespi, Becker). Over half of the study shows that academic issues were the main concern when it comes to mental health correlating with academics. Mental health problems, if not treated and coped with properly will cause a decrease in performance. Not just academics, but also relationships with others. Finding a good group of people to surround one with can make or break someone’s college life. Academics, being the leading struggle, and close relationships affect one’s first year in college tremendously.

Personal Experiences On Mental Health

Mental health affects me on numerous levels. Sometimes I am happy and uplifting whereas sometimes I want to stay in my room and avoid interactions with my family and peers. Mental health is a serious topic and can have detrimental, long lasting effects on me. A decline in my mental health can cause me to have bad grades, a feeling of numbness, and cause me to procrastinate. It also can affect my daily physical activities like going to the gym or park. Ma Chunying perfectly states how mental health can impact my performance, being a first year student. She states, “In the contemporary rapidly changing society, students face increasing pressures and fierce competitions which has significant impact on mental health” (Chunying). In college, I am focusing on my grades and getting my degree but also filling out as many scholarship applications, internship positions, and job applications so I can build my resume. College is a competition amongst my peers to try to achieve the best grades and highest

achievements, so I can get a high paying job to afford to live in today's world. This can impact my mental health because of the stress that builds up. Stress impacts my performances and can make me feel like a failure. This is important because I have to keep my mind and body right so I can perform to my highest ability. Mental health is a part of taking care of my body and finding things to do like going to the gym helps ease my mind in a world of stress.

Conclusion

Mental health can be very detrimental to first year students. Mental health disorders like anxiety and depression cause students' performance to diminish. Stress causes anxiety and depression which causes a decline in completion of assignments. There are direct correlations of it. It is a vicious cycle that only one's own self can control. First year students go through many adjustments and without the proper resources, one can get lost within themselves. Anxiety and depression disorders are a rock that is hard to come from under.. First year students need to find their version of self care to put into practice. The First year of college paves the way for the remainder of one's college years. During my first year of college, I am still figuring out ways I can improve my mental health so I can achieve my goals and aspirations, just like my peers.

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Final Draft research project

Mental Health is a crucial aspect of the overall wellbeing, particularly for a college student who is navigating a significant transitional period in their lives. Going from high school living with their parents to going to college living by themselves. On top of that the pressure of academic performance, social integration, and future career prospects can create a challenging environment that significantly impacts a college student's mental health. Anxiety, depression, and stress are also common issues faced by students, often due to the demands of college life. These mental health challenges can manifest in various ways, affecting a student's ability to concentrate, retain information, and perform academically.

The impact of mental health on a student's academic performance is profound. Students who struggle with mental health issues may find it harder to attend class on the regularly, complete assignments on time, or participate in group activities. In return this can lead to a decline in grade, withdrawal from courses, or even dropping out of college altogether. On top of that, mental health issues can affect a student's ability to form and maintain social relationships, leading to the feeling of isolation and loneliness. These social difficulties can further exacerbate mental health problems, and this can create a vicious cycle that can be hard to break.

In an article by Madhav Bhargav, he claimed that the relationship between adverse childhood experiences and positive childhood experiences can have a effect on a college students mental health. In this study, there were students who had adverse childhood experiences (ACE) and students who had positive childhood experiences (PCE) and see how their mental health is affected differently. The students with ACE were found to have poorer mental health, while student that had a PCE had better mental health. In the study, it was also discovered that PCE moderates the association between the ACE and mental health outcomes, with a weaker relationship among participants with higher PCE. Finding this study was very important to better

understand the long-term mental differences of the ACE and the PCE among college students. The study highlights the importance of promoting PCE for the betterment of their mental health. It also explains why it is important to prevent ACE. If we promote more PCE, how can it help with a child's mental health? This will in turn help the student to thrive better in college. A child having ACE could lead to affecting a child's mental health and making them struggle in school. This is important because it talks about the different causes of mental problem. In this article it gets into one of the root causes for mental health issues in college students. Finding this out can be a big help in improving mental health in college students because now there has been a reason found and can find solutions for the problem of bad mental health.

Beyond academic performance, the effects of poor mental health can extend further to a student's physical health. Physical health can also be compromised, as mental health issues often can lead to disrupted sleep patterns, poor eating habits, and a lack of exercise. These effects of these factors can significantly diminish a student's college experience, making it essential for institutions to provide adequate mental health support. The negative effects of mental health problems, particularly anxiety and depression are becoming an increasing problem within the college students. In an article release by Jesscia Bryant and Lyss Welding states that 33 percent of students said that anxiety has negatively impacted their performance in the classroom. With mental health becoming an increasing problem, solutions for mental health issues in college students need to be enforced. It is important to address mental health issues as they can lead to serious consequences. Extreme behavior reduced academic efficiency and decreased the quality of life itself. It can also explore the links between mental health problems and physical health, noting that negative emotions can lead to tension, stress, and various physical illnesses.

If all college students were to have good mental health, there would be major changes on college campus and for college students. One change would be that academic performance would most likely see a significant boost. With good mental health, students will be better equipped to handle the stress and demands of class work and still balance outside life. This can lead to an increase in higher grades and more consistent academic achievement. Another major change is attendance. Rates of attendance would also significantly improve, as students would be motivated and less likely to miss their classes due to mental health issues. On top of that, the atmosphere of the campus would just start to feel more positive and supportive. Students may also want to be more engaged in extracurricular activities. Social interactions would also become healthier and start to become more meaningful; this can reduce the instance of the feeling of being isolated and lonely. With good mental health, students can also start to feel more resilient and better be able to cope with the hard challenges that can come with college life, like exams, deadlines, and social pressures. The ripple effect of good mental health in college students can lead to more success on college campuses.

In conclusion, mental health significantly affects college students, influencing their academic performance, social interactions, and overall quality of life. The pressure of college and life itself can put a lot on an individual's mental health, leading to many different problems. Moreover, mental health problems can cause students to feel isolated further impacting one's emotional wellbeing and academic success. Institutions need to recognize the importance of providing mental health support to help students navigate these obstacles. By providing an environment that prioritizes mental health, can ensure that students not only succeed academically but also maintain a balanced and fulfilling college experience.

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The Romanticization of Romance in Media

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Romanticizing Romance in Media

“They say we are asleep until we fall in love... when we fall in love we wake up and we are a god and angels weep” -(Dave Malloy, 2012). I was told, ‘One day, you will find the one for you, your soulmate.’ I believe I have found her, but not in the context of romance, but rather in a platonic sense. She is my best friend, not my girlfriend. Her name is Yufei. People always ask us if we are dating because we’re so close. This leads me to the question, why do people automatically assume we are dating when we’re just best friends? Romance is often celebrated and, quite literally, romanticized. I believe love, especially how it’s portrayed in media, is flawed, almost so that it’s beyond repair in my mind. Love is much more than dating, engagement, and marriage; it can be familial and platonic. The definition of romance, how it’s misrepresented and romanticized in media, the discrepancies of romance in real life and media, and the social pressure regarding romance and how romance can affect a college student need to be explored.

The definition of romance is “a feeling of excitement and mystery associated with love” (Oxford Languages). This definition can be misleading to someone who just wants to fit in with society by complying with social norms. On top of the misleading factor, there are so many different types of romance, so many different stages. There’s passionate love, courtship, eros, etc. This definition created for such an intricate word is so simplistic. It sets unrealistic standards for what romance is or what it can be. Love has been defined as “a desire to enter, maintain, or expand a close, connected, and ongoing relationship with another person or entity” (Rule-Groenwald, C). Romance is not always exciting, it is seeing someone through their worst and helping them improve. Romance isn’t mysterious, it is learning more about a person. The idea of romance severely overshadows the beauty of platonic relationships. This type of love is

so much more prominent in a person's life as it can be what shapes you. Your experiences with those you love platonically can shape how you act socially as well as your sense of humor.

Whenever you start to read a book you are introduced to the main character. That main character, without fail, is introduced to a romantic interest at least once throughout the book. All of the characters are usually paired with someone whether it is from their friend group or a character introduced specifically for this character and serves no other purpose. Here's a quote from one in particular: "I thought, if someone like that ever loved me, it would set me on fire. And then I was a careless fool, and I fell in love with you anyway. When you rang me at truly shocking hours of the night, I loved you" [Casey McQuinston, 2019]. I can only think of one book where this is not the case, and even then, the character that does not get involved in romance is a background character. This book is called Heartstopper and Isaac is the character who does not fall in love, in fact, he identifies as aromantic. In general, when you look at a piece of media, whether it is listening to music or taking a test online, romance is somewhere in your peripheral vision. When I go onto Spotify and want to listen to music, it's impossible to find a song that isn't somehow directed in a romantic direction. When I go onto a form of social media such as Instagram, I, once again, can not escape romance. I go onto my friends' stories and they are posting about how they have met the love of their life even though they have only known each other for a week and just had a fight. They speak of how they are tempted to get a dating app because they are so lonely.

Media shows you the bad side of romance such as fights, but it does not show you the smaller finite details. It does not show you how uncomfortable physical touch can be. It does not show you how a lot of people have different love languages and how hard it is to compromise when you have the complete opposite sides of love languages. I hate being touched, but if I were

to date someone who thrives on physical touch, it would be a terrible strain on our relationship. I prefer to be organized because if my space is not it heightens my anxiety terribly, but if I were to date someone who does not care about being organized, but rather thrives in a disorganized space, that would put a strain on a relationship. I listen to musicals and indie pop. If someone were to hate my music taste and I hate theirs, that would put a strain on our relationship. The media does not talk about these discrepancies and how detrimental to a relationship they could be. It talks about how perfect certain people are together and their beautiful relationship. In an article, “Segrin and Nabi (2002) reported that adults who watch programs that contain many references to romantic relationships hold more idealized beliefs about marriage” [Tonoah P. Merritt, 2010]. It is so rare to find someone perfect for you, in fact, I do not think this idea is real. I do not think anyone is perfect for anyone. There will always be a minor detail that makes a relationship complicated.

The definition of Platonic is “(of love or friendship) intimate and affectionate but not sexual” (Oxford Languages). Platonic love is much more common than romantic love and much more reliable. I have more friends than I do romantic interests and I am completely fine with that. My friends fulfill my needs more than a romantic relationship would. I get aggravated with people's mannerisms when I hang out with them for too long. With a romantic interest, I would be expected to be around them a lot, but with my friends, that isn't expected of me. I don't get irritated with my friends because this isn't an expectation of being a friend. Friendships are much more stable because there's not much wrong you can do. There are lower expectations with friends. I'm not expected to buy my friends expensive dinners or a dozen roses. I have more room to grow and become the best version of myself when I'm not constantly around another person.

There is such a stigma when it comes to not being in love or not wanting to date. People will consider you weird if you are not in love by your 40's. They will wonder if something is wrong with you because you have not gotten married or are at least dating someone. Why are people so interested and judgemental about other people's lives? It is okay to not fall in love or want to date. Romance should be a natural thing, not something forced upon you. I heard a quote from a musical called *Tick, Tic, Boom* when I was sixteen and desperate for love. I did not think it was striking or world-changing. I thought it was just another lyric. I heard it again recently and I realized just how much it means. "Why do we stay with lovers who we know, down deep, just aren't right? Oh, why would we rather put ourselves through hell than sleep alone at night?" People speak to me about not liking the person they are with, but staying with them anyway. I ask them why they would lead someone on like that? They say it's because they do not want to be alone. People should not have to be with one another to be happy, you should be able to be okay being alone. Romance should not be a need, it should be a want.

College is, allegedly, one of the best experiences in your life. You make so many connections or none at all. You learn how to be independent, and your truest self. When my mother went to college, she spoke of how she partied all the time and did not learn anything. Needless to say, she dropped out and never got her college degree. She, and her friends, were too focused on romance to pay attention in class. There was a study that spoke about the type of people who date each other in college; "while Waller argued that dating in college was primarily based on students' campus-based prestige and popularity, other research has also demonstrated the role of social class" (Arum, R.; Roska, J.; Budig, M.J.).

In conclusion, romance can heavily affect a college student for all of the reasons listed above. I hope I have changed the reader's stance on romantic relationships and how they are not a

need. Students need to reflect on their relationships whether platonic or romantic and must ensure they are healthy. They must reflect on whether their romantic relationships are healthy and not stressful as college friendships are much more important than romantic ones.

“Supporting students’ friendships across social boundaries is one powerful way in which colleges and universities can contribute to the civic mission of higher education” (Hudson, T.D.; Rockenbach, A.N.; Mayhew, M.J.).

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**The Hidden Cost of Stress: How it Affects College Students Ability to
Perform on Exams and in Day to Day Life**

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A student's ability to perform on an exam and also in society is affected by their stress and how well they can take on stress. Studies have been done to show whether or not this is true, and all the evidence shows multiple factors into a student's ability to perform. Things from early childhood all the way to a student's habits when taking a test shows how they can handle the stress of college life.

When a student has issues making deadlines or getting assignments done, it shows a lack of foresight or ability to handle multiple things at once. With this the question of is it a mental thing or is it something they are choosing not to do. One research says that students who do better in class and on exams show less fidgeting and stress signals during the exams. One part of the study was that they observed "playing with the pen or paper, massaging a part of the body, stroking the hair, visible expression of anger or disappointment (such as shaking head or raising eyebrow)" (M. Bardi, et al. 2011). They observed that students showed more antisocial gestures and that those did a little worse than others that showed minimal movement. Another thing is the fact that they can also create solutions for their day to day problems, which they can also do for their school work. Students who can create a plan for stress caused by their classes show that they have higher scores and grades in general. While students who can not handle the stress and can not move forward with plans show lower scores and academics.

The stress of college can become a lot, so students have to find ways to cope with it. Some students may be able to handle it well, others might procrastinate. A study was done to show that "academic procrastination and stress correlated significantly at both Time 1

and Time 2.) Which some students won't even realize they are procrastinating until it is already too late, then it becomes this endless cycle of procrastinating and stressing about procrastinating at the same time.

Multiple studies have been done on a student's actions while taking a test or while in a stressful situation. Each has shown that the more stressed they are the worse they perform which also means they have lower grades. COVID-19 is also a good point in this. Students' ability to do things with others and also to perform outside of their room declined their mental health and also declined their performance on exams and on school work.

Students that are more involved show signs of higher GPA's, but they also have the right coping skills. But one thing to note is that a study was done and showed " Although subjects with high mastery generally experienced less anxiety than subjects with low mastery."(Gary Feltson 1992) So they had an increase sign of support, they reported to have a higher sign of mastery in school. So this could prove that having the right support can help improve a student's GPA.

Over the years the conversation of what students should do or what should admin do has been crucial. Colleges have online, in person, and even sometimes 24- hour access to counselors, tutors, people that specialize in every aspect of going to college from mental health to finances. This allows for students to get the help that they need and also improve their grades without even having to leave campus.

All of these things play into the way students handle stress along with what their background is. Those that come from a rougher family or are a part of a minority they struggle more and there are also signs that they have lower GPA's because of their family and where they come from. A study was done to show this, they noted that "Black, Hispanic, first-generation, and financially concerned students and "inclusive" IHE attendees had lower GPAs"(Chris Brownson, et al, 2023). This is important because students might be more discouraged to attend college if they notice those that have similar attributes to them are not doing well in college.

All these things play a very important role in how a student passes their first year of college and whether they transition from high school to college smoothly. The thing that also needs to be considered with all of this is how the students' home life is, whether they get help or not, if they are alone while going to college, if they have the funds for college. All of these things allow for a student to build the correct skills to handle stress and move forward in their college life.

Bardi, M., Koone, T., Mewaldt, S., & O'Connor, K. (2011). Behavioral and physiological correlates of stress related to examination performance in college chemistry students. *Stress (Amsterdam, Netherlands)*, 14(5), 557–566.

<https://doi-org.ezproxyprod.ucs.louisiana.edu/10.3109/10253890.2011.571322>

This article discusses how a student handles psychological stress determines whether they can pass or work through the class with minimal issues. The better they can cope with the stress and push through it allows them to pass the class or other classes easier, while those that can not cope well do not do as well. This article's study will allow for connections to be made to other issues with stress and the way a student functions in day to day life.

Chris Brownson, Brittany P. Boyer, Chris Runyon, Ashley E. Boynton, Erika Jonietz, Ben I. Spear, Stuart A. Irvin, Sarah K. Christman, Michael J. Balsan, & David J. Drum. (2024). Focusing Resources to Promote Student Well-Being: Associations of Malleable Psychosocial Factors with College Academic Performance and Distress and Suicidality. *Higher Education: The International Journal of Higher Education Research*, 88(1), 339–359.

This article talks about the effect of stress in college students day to day life. Their mental health, the way they socialize, the way they cope with what's going on. It is shown in this article that college students' stress is higher than in the past decade. The stress in the students life can cause them to isolate and can cause depression with this, which could also affect their school work and their work life.

Felsten, G., & Wilcox, K. (1992). Influences of stress and situation-specific mastery beliefs and satisfaction with social support on well-being and academic performance. *Psychological Reports*, 70(1), 291–303. <https://doi-org.ezproxyprod.ucs.louisiana.edu/10.2466/PRO.70.1.291-303>

This article discusses how students with increased signs of stress have a lower GPA than those with lower signs of stress. The students' social life can also show a reason behind their anxiety, which can also affect their grades. This article will touch base on the way stress can affect their GPA and can also affect their social life. This article will allow for connection to be made to how a student functions in their day to day life and in the school setting in relation to how they handle their stress.

FINCHAM, F. D.; MAY, R. W. My Stress Led Me to Procrastinate: Temporal Relation S between Perceived Stress and Academic Procrastination. *College Student Journal*, [s. l.], v. 55, n. 4, p. 413–421, 2021. Disponível em:

<https://research-ebSCO-com.ezproxyprod.ucs.louisiana.edu/linkprocessor/plink?id=a66b5a01-14b1-3f0c-82f8-e76616701430>. Acesso em: 14 out. 2024

This article discusses how stress at the start of term is in line with procrastination later on in the term, but not vice versa. Procrastination is a main reason for stress throughout college, and the two studies done show how they reversely affect each other. This article will allow for the connection to be made between perceived stress and the way it affects students' way to handle stress and get things done later on in the semester.

Perceived Stress Mediates Associations Between Grit and Health-Related Quality of Life.

(2024). *Psychological Reports*, 1.

<https://doi-org.ezproxyprod.uclouisiana.edu/10.1177/00332941241248607>

This article discusses how the way a student stays consistent and can continue to push through getting everything done relates to their GPA and the way that they can handle stress. The article discusses a study done to show the relationship with grit and with the students mental and physical health. The article will allow for a connection to be made between a students grit and the way they handle their stress to how their mental and physical health is.

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C00589886

The Tips For College Students With Time Management

Tips For College Students

Time management can help so you have time to spend with friends and family, do homework on time, and feel accomplished. One should use time management to feel organized, create a schedule to get things done faster, and easier without having to stress and do too many things to do at once. A schedule can help one go about their day, and it can help one see if they're busy doing any other activities throughout your week or month. It can also help with doing one task at a time versus doing two at once. It also creates less distractions. It can help you stay more focused on the task, rather than going to watch TV, playing basketball, etc. It also helps with planning your activities. For example, if there is a festival going on and your friends want you to go, time management can help you organize your schedule for you can do homework and chores before the festival. If you don't use time management then you won't get the things that you need to get done, done. And it can also lead you to getting distracted easier and quicker if you don't manage your time. It can help you even feel accomplished by getting things done and getting them done on time too. Time management helps you be a better student by promoting organization, good studies skills, and good mental health.

With organization you can use google calendar or an app that I have called equip. Equip is an app that will help you stay organized with your classes, and it tells you how much time it takes for each task. Equip benefits me because it helps me tell when my next class is, how much time I got between class, and gives insight such as if I have time to go to my dorm or not. It can also help with how long the class is and how long ago the class started. Using a planner or a calendar can help because it can help you be more organized with school and what you need in that class that you have. According to Harvard Summer School "Having a schedule that works for you will help maximize your time." It can maximize your time because it can fill your tasks

throughout your day and your week. For example, one may have something on Monday Wednesday and Friday, and they have something else on Tuesday and Thursday. This can be confusing, so having a schedule helps one stay organized. It can make you have an activity that can last for hours like festivals, football games, baseball games, etc. It can also make you do chores to fill your time like laundry, dishes, etc.

Organization can help me get my homework done and it can help me focus on other required tasks. Organization ensures I spend my time on homework in a timely manner because I know what files on the computer to choose and what papers to use to help me with homework or studies for any tests/quizzes. It can also help people stay focused on what they're supposed to be doing like homework and not get lost in so many papers for a certain class. It can also help me with being organized in school. For example, students can benefit from having different notebooks for different classes, and date each day of notes. Students should use this to help them be organized and thus earn better grades.

Time management can help with good study skills by helping students stay focused on homework or study pages. Study skills limit distraction and help students become better thinkers. This can help students be more focused on research papers, essays or group projects. Having good study skills is important to college students because it helps increase grades, and it helps students stay on task with homework. It can also help us to be extremely focused on our studies because if students have poor study skills, then they can get easily distracted, and push off the assignment until the last minute. If students procrastinate, then they will stress ourselves out, possibly get lack of sleep, and burn themselves out. Good study skills, such as writing, flashcards, or reading, can help with time management because it assists students with planning how long it's going to take. For example, if I had a project that will take two hours then I'll

figure out a time for I can do the two-hour essay. Other tasks such as house chores like cleaning, cooking, etc could then be moved to a different time to allow time to complete the essay. Having good study skills can also help us with our organization skills. Students can benefit their study skills by knowing what type of learner they are. For example, I am an auditory learner. This helps me with my study, knowing how I study best. “For individuals with an auditory learning style, spoken language, music, and other sounds are powerful tools for learning and understanding”. This quote from SimpleK12 is great because this shows professors that there are so many ways that students use to help them learn.

Time management also helps with mental health. Mental health is important because we need it to help us focus, stay awake, and help us operate in general. If we don't take care of our health then, we won't be able to stay focused on our studies and may fail that class. “Proper time management ensures that you have dedicated time for self-care activities such as exercise, relaxation, and socializing. Taking care of your mind and body promotes overall health and contributes to your academic success.” This quote from The Impact of Time Management on a College Student's Academic Performance is important because we need to take care of ourselves while also taking care of homework. It also states that if we take care of ourselves, we could increase our academic studies and become better educated. If we don't, then we'll decrease educational skills and possibly drop out of college. Students need to take care of themselves because they need time to relax and take a break. If students overwork themselves, they can possibly become sleepy and be a less effective student.

In conclusion, time management can help us in so many ways, such as being organized, having good study skills, and taking care of yourself. Having the qualities or skills with time

management can increase your educational life but also help in your personal life. So, I recommend that you use time management to be the best student they can be.

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