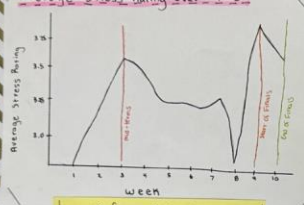
My First Fall Semester Experience

Average Stress Rating Over Time

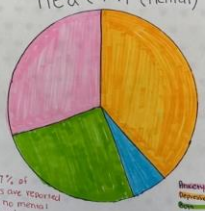


~ Stress Model ~

"The typical freshman student experienced higher than average stress levels during two peak points in the semester, those being midterms and the start of finals." (Renne Barrett)

Tips to Manage:
- Visit Lee Hall and Smile tutoring center
- Ask for help when needed
- Do not procrastinate on work and studying
- Take mental breaks

Health (Mental)



Only 2.7% of students have reported to have no mental issues!

Anxiety (32.6%)
Depression (40.3%)
Suicidal Ideation (10.3%)
Eating Disorder (2.7%)

~ Health ~

Physical - Junior Wellness Center
- Free to be student
- Flu protection be aware when you are sick so you don't get more
Health is a Top Priority!
Not taking care of your physical health can cause brain fog, sleep deprivation, educational decline.

Mental Health
- During the 2020-2021 school year, more than 60% of college students met the criteria for at least one mental health problem. (Lee Mercaney)
- "A considerable proportion of students had clinical levels of anxiety (32.2%), depression (40.2%), and 24.8% of students had both." (Nuamah-Asa)
- Unhealthy coping strategies and lower healthy coping strategies have been linked to mental health issues, along with long term consequences for the prevention of suicide. (Nuamah-Asa)

Academic Resources
- University Office of New Health Initiative
- Freshman Courses

Healthy Coping Mechanisms
- Journaling every October
- Seek help when you notice decline in both your physical and mental health!

~ Relationships ~

- College can challenge you and your relationships both friends and family
- Get involved on campus and make connections
- Form bonds with your professors
- Make time to maintain your current bonds
- Be approachable so that others treat you and that they know that there is room for open communication (can be beneficial in the future)

Collaboration

"The process of coming together as a group in order to work in common interests, working toward shared goals."

~ Collaboration ~

Pretty good work here and out of my comfort zone and taught me how to better communicate with my peers

- Classmates can be vital to you for passing a class
- Get to know and work with different study methods
- TOPIC STUDY GROUPS → helps maintain executive study methods to help you in class success, could be the difference between you passing and failing a course

The Cycle of Self-Regulated Learning

Reflect
- Evaluate performance and adapt
- Practice task

Plan
- Set goals and lay out strategies

Act
- Apply knowledge and strategies to monitor performance

*As you know the cycle, use reviews from previous performance to guide the next one you attempt.

~ Time Management ~

- How do you manage your time?
- Make a planner / use reminders about due dates
- Prepare for that decision in advance
- Find a relative work environment (i.e. library)
- Use the cycle of self-regulated learning to find your specific / how to use your time effectively
- Establish your learning goals
- Be willing to adapt to change
- Causes of Poor Time Management
- In students transition from high school to university, they typically experience an increased level of responsibility to learn outside the school on their own time. (Lindsey C.)
- The need to balance many commitments (part time job, school, etc.) is commonly cited as major challenge. (Christopher Masters)
- SOME PEOPLE MAY DON'T CHECK THEM OTHERS

Haven Lafleur