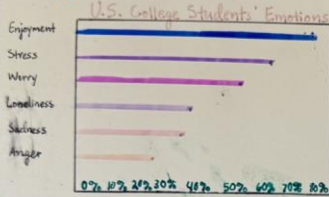


Stress

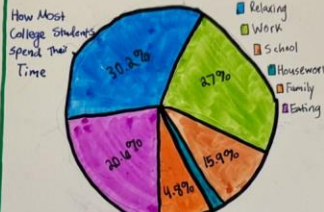


Some of the most common causes of stress in college students are:

- living away from home
- academic demands/test anxiety
- finances
- post-graduating plans
- relationships
- new environment/new faces
- availability of alcohol and drugs



Time Management



It's a very large adjustment to transition from a high school student to a college student in many ways, especially time management wise.



Health

Physical

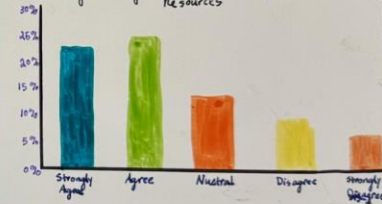
- 86% of college students experience health problems such as, poor skin condition, lack of sleep, and emotional issues
- 77% of college students stated that their social life and electronics are what caused their lack of sleep
- only 67% said they would take action to change this

Occasional exercise can go a long way when it comes to improving the physical health of college students.



Mental

Percentage of College Students w/ Knowledge of Mental Health Resources



Common Mental Health Conditions in College Students:

- Anxiety
- Depression
- PTSD
- Eating Disorders
- OCD
- Bipolar

Causes / Triggers Impacting College Students' Mental Health

- Academic Pressure
- Isolation
- Harassment
- Discrimination
- Grief / Loss

Responsibility

Student Reflection of Their Role in College

Role	%
Be Self-Motivated	89.3
Submit Work On Time	88.8
Submit Own Work	87.6
Be Aware of Subjects' Requirements	85
Allocate Sufficient Time for Studies	84.2
Ask for Help when Unsure	81
Be Prepared for Classes	77.7
Find Out what is Needed	75
Express Opinion	66.4
Be Aware of University Rules	63.1
Memorize Answers	11.3
Other	4



Responsibility: It May Seem Like A Burden At Times, But It All Works Out In The End.

Motivation

Tips For Staying Motivated In College

- #1 Focus on the Big Picture
- #2 Celebrate Small Victories
- #3 Prioritize and Organize
- #4 Build a Routine
- #5 Remember to Recharge
- #6 Hold Yourself Accountable
- #7 Set New Goals and Challenges

★ Healthy Habits Make Healthy Motivation

- ↳ getting enough sleep
- ↳ healthy eating and drinking
- ↳ routines

Motivation = Success