



Coping with Personal Stress

Stress Management

Stressor	Solution
Information overload <i>(number and size of class assignments, spacing of exams and assignment due dates)</i>	<ul style="list-style-type: none">• Verify exam dates, times and locations.• Do not talk about the test with other students. The concerns of others tend to increase any worries you have or confuse you.• If you arrive late, take a minute to relax and get organized. Ask your instructor for help if you feel confused.
Mismatch of instructor and student learning styles	<ul style="list-style-type: none">• Write down formulas, processes or outlines as soon as possible.• This clears your mind for thinking rather than simply storing information. It also eases the stress of worrying about forgetting.
Stress carriers <i>(peers who are also overstressed)</i>	<ul style="list-style-type: none">• Note the total number of items. Identify point values. Judge the amount of time you should spend on each item. Spend the most time on questions that receive the most credit.
Self Doubts <i>(own high expectations, family pressures, concerns about career choices, etc.)</i>	<ul style="list-style-type: none">• It is a mistake to ignore test directions. Directions provide information you need to get full credit and to mark answers correctly.• Underline key terms and number the steps in the directions.
Interpersonal Relationships <i>(Family conflicts, love decisions, social pressures or responsibilities, job conflicts)</i>	<ul style="list-style-type: none">• This builds your confidence.• It also triggers your memory for other information.• If you run out of time you will have answered the questions you knew.
Intra personal Conflicts <i>(social anonymity, loneliness, depression, anxiety)</i>	<ul style="list-style-type: none">• Mark questions you don't know and go on. Return to these questions when time permits, even if only to guess.• Use positive self-talk to get through periods of anxiety
Financial Concerns	<ul style="list-style-type: none">• For tests where problems are worked you may get partial credit.• For many objective tests there is no penalty for guessing.• If you don't know the entire answer for an essay write an outline.

There is no miracle cure for stress--only one that comes through much effort. Such effort requires you to discover your personal stressors and and way for managing them. In addition, your physical wellness affects your ability to spend positive verbal statements and mental images to your brain. These images affect your coping mechanisms.

If stress becomes overwhelming, seek help. Reach out to a friend, professor, or staff member. If you are in need of professional help, you may speak with a licensed professional counselor by calling (318) 767-2604.