Typical Stressors of College Students

College Adjustment

Time management
With freedom comes responsibility. Learning to carefully organize time is important.

Academics
There tends to be a significant gap in the level of learning required in college compared to high school. Applying appropriate study strategies to college learning is important.

Finances
The additional task of managing money and paying bills requires time and attention.

Work responsibilities
High-demand jobs or balancing work with academics can be stressful.

Social pressures and expectations
Whether you are a member of a social organization or not, pressure from peers to attend social engagements can add to your stress level.

Environmental and cultural changes
Did you move to a smaller or larger city? Did you move to a different region? If so, you may encounter some “culture shock,” which may make you miss home.

Family and Relationships

Family structure
Changes in family structure may present stress during this time, including issues such as parents’ divorce, moving out of parents’ home, etc.

Relationship changes
Those who were most important to you in high school may play less significant roles now that you are in college. Building solid support networks is important to reduce stress.

Loss

Literal loss
The death of a family member or close friend is always stressful and requires one to progress through the grief process.

Loss of comfort
The loss of the familiarity of home, family, close friends, and pets can all play a role in your feelings of stress.

Adapted from http://www.cas.lsu.edu/