Increased Stress
Among College Students
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Theory:

I think that universities only portray positive photos of happy college students on their websites and promotional materials in order to portray that college is easier than it really is.
UA GRADS HAPPY, HEALTHY, SUCCESSFUL

A Gallup poll shows that Wildcats remain more emotionally connected to their alma mater than alumni of peer institutions.

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Hi I’m Trevor

On Average:
- I work 50 to 60 hours a week
- Full time
- Running business
- I study 10 to 15 hours a week
- I attend class 12 hours a week
- I commute 7 hours a week
- I sleep 5 hours a night
- Remainder goes to family time
AVERAGE HOURS STUDENTS SPEND PER WEEK, BY ACTIVITY

![Pie chart showing hours spent on various activities]

- **Work**: 48 hours
- **Commute**: 56 hours
- **Class**: 35 hours
- **Studying**: 19 hours
- **Sleep**: 35 hours
- **Free time**: 10 hours
- **Commute**: 12 hours

Based on student surveys and FIU Counseling and Psychological Services reports.
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Problem 1

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Problem 2
Students are also reporting the overwhelming pressure to succeed. In a study by the American College Health Association, students said stress, anxiety, work and sleep difficulties were the top factors affecting their academic performance.
Cause

Students see these promotional materials of happy students, and when college isn’t as easy as it looks, they become overwhelmed, anxious, and loose self esteem.
Solution

Stop comparing yourself to others. Maybe some people are really as happy as those on the front page of university landing pages.

Take responsibility for your life. Realize that you are where you are because of choices you made

- I chose to go to school
- I chose to get married
- I chose to have a baby
- I chose to work
What did I learn?

It’s actually a good thing that universities show happy students on their front page.

_in order to carry a positive action we must develop here a positive vision_

- Dalai Lama
• Sources:

• https://news.fiu.edu/2015/04/surveys-show-increase-in-stress-among-college-students/86911