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Chapter 1 : College Life: 10 Ways to Reduce Stress - College Health - Everyday Health

"Managing Stress" identifies the nature of stress for individuals, and what causes it in further and higher education. It helps staff in academic institutions to recognize the signs and symptoms of stress, and highlights the potential health problems if the stress is not managed.

When mental illness influences family life, work, education, and other aspects of day-to-day life, the condition is known as a psychiatric disability. Psychiatric disabilities are persistent conditions that may have a significant, lifelong impact. Even with treatment, many psychiatric disabilities will persist in some form. College students with psychiatric disabilities face unique educational challenges. Dedicated mental health counselors and disability coordinators are available on most campuses, and students can typically seek medical attention. Many students, however, do not know how to get help for their problems. To help students get the assistance they need, we have examined instructional strategies, course accommodations, and other campus services designed to serve this population. Our goal is to provide a comprehensive resource for college-bound high school seniors and currently enrolled postsecondary students who struggle with mental illness. This list is by no means exhaustive; there are more than classified types of mental illness, and all of them can evolve into a psychiatric disability.

Depression The National Institute of Mental Health NIMH defines depression as a serious mood disorder that impacts the way one processes thoughts, emotions, and daily activities such as sleeping or eating. Depression comes in many forms. Persistent depressive disorder, or dysthymia, is a depressed state that lasts two years or longer. Bipolar disorder is characterized by radical mood swings between depression and manic states. Psychotic depression occurs when depressed feelings are accompanied by delusions, hallucinations, or other forms of psychosis. Women who are pregnant or have recently given birth may be affected by perinatal depression, while seasonal affective disorder occurs periodically throughout the year. People with ADHD usually display chronic inattentiveness, hyperactivity, impulsiveness, or any combination of these behaviors. People with ADHD often struggle to focus on tasks or conversations. They may also regularly feel disorganized or forgetful. In the past, attention deficit disorder ADD was used to describe this condition; contemporary mental health experts consider the term obsolete.

Anxiety Disorders According to the NIMH, an anxiety disorder is characterized by levels of stress that significantly impact everyday life. Anxiety sufferers often ebb and flow between tense, high-strung moods and periods of fatigue. Other symptoms include persistent irritability, sleep problems, and physical pain. NIMH notes that most people have one of three common anxiety disorders. Generalized anxiety disorder is defined by prolonged periods of unwarranted stress and worry. People with panic disorder experience sudden bursts of fear known as panic attacks that are supplemented with physical symptoms like heart palpitations, trembling, and dizziness. Finally, people with social anxiety disorder struggle with feelings of stress and insecurity in social situations, even casual ones like brief conversations and friendly group outings. Addicts may be influenced by one or more of these factors. Addicts commonly seek certain drugs or substances, such as alcohol, cocaine, heroin, and methamphetamine. Nicotine, the substance found in tobacco products, is also highly addictive. Additionally, people may become addicted to sex, gambling, or other activities that can be harmful in large doses. There are many societal misconceptions regarding substance abuse. In reality, drug addiction is a complex disease, and quitting takes more than good intentions or a strong will.

Eating Disorders Much like addiction, eating disorders are commonly and incorrectly perceived as lifestyle choices. However, eating disorders generally begin as unhealthy obsessions about nutrition or weight that evolve into harmful patterns of dietary behavior. Three conditions are particularly common. People with anorexia nervosa often see themselves as overweight and unattractive. They dangerously restrict their daily caloric intake and experience health effects related to starvation and an incomplete diet. Bulimia nervosa is characterized by two common behaviors: Binge-eating disorder is a separate condition defined by levels of chronic overeating comparable to bulimia without the purging, fasting, or excessive exercise phase. Individuals with OCD are

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driven to repeat these thoughts and behaviors frequently, sometimes dozens of times per day. Specific symptoms include an irrational fear of germs, unwanted thoughts, excessive counting, and physical spasms. People suffering from OCD may lose their job or face a degree of social alienation. Some people with ASD are barely affected, while others have multiple noticeable symptoms.

Disability in Colleges

Some psychiatric disabilities are more common than others among postsecondary students. He cites data from an NAMI survey, which found that half of all respondents did not receive any mental health education or evaluations prior to enrolling in college. Henriques further noted that the suicide rate among 15 to 24 year olds has tripled since the s. Briana Boyington, of U. A student with OCD has different needs than one with ASD, and students should research whether their target schools have the services they need. Boyington also highlights the need for supportive professors. Students who have been diagnosed with a psychiatric disability should meet with their current therapist or counselor to create a sustainable treatment plan. On-campus counseling and mental health services are also in place at most schools in order to help undiagnosed students. In order to create universally accessible courses, colleges must take the following steps to ensure their classes and campuses are completely inclusive: Allow students with special needs to complete coursework, give presentations, and take exams using alternative formats. Work with students with specific needs to gain access to adaptive software and technology that helps them learn effectively. Appoint individuals who can assist these students as note-takers, readers, scribes, or other essential roles. Offer students with special needs additional time for assignments and tests, as well as getting to class. Guide students with disabilities to specialized counselors, resource centers, and other on-campus services dedicated to assisting these individuals.

Assistive Technology

Colleges can further accommodate students with psychiatric disabilities by providing resources to help all students learn without distraction. Common assistive technologies include:

- Mp3 and CD Players** Devices that play instrumental music or natural sounds can be helpful for students with social anxiety disorder or other conditions that cause them to struggle in large classroom settings. Mp3 and CD players can also serve as effective study aids for students with ADHD and other conditions that make focusing difficult.
- Electronic Planners** Students who struggle with organizational anxiety usually benefit from some sort of reminder system. Daily planner notebooks are helpful, and electronic or digital devices offer added convenience and portability. Students can use them to maintain a class schedule, organize assignments, and plan appointments with an easy-to-use interface.
- Digital Recorders** Students who have trouble focusing in class can use a digital recorder to capture lectures, notes, and course information. These devices are usually pocket-sized and capable of recording hours of material. These may include Mp3 or CD players that transmit mellow music or sounds, but a soother could be something as simple as a small object or keepsake that provides emotional relief.

Service Animals

Service animals usually dogs help students with psychiatric disabilities cope with new stimuli. These animals have been specifically trained to provide emotional support to people and to intervene when their owners are experiencing unhealthy levels of anxiety or psychotic episodes. Most college campuses allow service animals in classrooms. Nicknamed SAM, this highly rated app monitors anxious thoughts and behaviors in order to create sustainable long-term management plans. This app helps people with eating disorders by allowing them to create healthy meal plans, monitor their urges to binge, and create long-term management systems. This app tracks daily emotions using graphs, calendars, and other interactive displays to help students prone to depression, anxiety, and other mood-related disorders. This app features animated displays to discuss proper responses and procedures for panic attacks and other sudden bouts of anxiety. Many students have strong support systems that include friends and family members back home, though not all are so fortunate. Thankfully, college campuses are required by federal law to offer counseling and therapy services to anyone suffering from a mental illness. These resources are especially crucial for students who attend school far from their hometown. Faculty members also play a crucial role in the college experience of students with psychiatric disabilities. If students are comfortable discussing their condition, they should meet with each professor for a one-on-one consultation at the outset of each semester or quarter. Students should discuss any accommodations or assistive technologies they may need over the course of the term during these

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meetings. Students living with a psychiatric disability should also ensure they are only participating in social activities that will not trigger the negative effects of their mental illness. Living situations are key: For some, that means living alone instead of in a dorm; others may prefer to have people around at all times. Students with prescriptions should also avoid excessive drinking and drug use, as these substances can counteract the therapeutic effects of their medication and, in some cases, can lead to a dangerous overdose. Crystal Lee is a licensed psychologist in Los Angeles, California. She is passionate about launching adolescents and emerging adults into adulthood. As respected member of the mental health community, Dr. Lee is a board member of the Los Angeles County Psychological Association and presents at conferences and trainings for psychologists. Though the ADA covers all college campuses, there are definitely some schools that have more robust academic accommodations. Additionally, look at the mental health supports that the college offers. Most college campuses have a college counseling center, but the services and supports offered vary widely. Some colleges provide primarily group therapy; others may limit how many sessions you can access per year. Lastly, look at the campus culture. Some campuses embrace student differences and proudly destigmatize mental health struggles. Do students generally seem supportive, or is the environment more competitive? As I mentioned above, you definitely want to do some research and determine what resources the college supports. Get a feel for how friendly and supportive they seem. Unlike high school where your parents and high school staff rallied around to support you, getting your accommodations and getting the support you need falls solely on your shoulders. In college, you are the engine that moves along everything you need to be successful.

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Chapter 2 : Ann Edworthy: used books, rare books and new books @ racedaydvl.com

Managing Stress identifies the nature of stress for individuals, and what causes it in further and higher education. It helps staff in academic institutions to recognize the signs and symptoms of stress, and highlights the potential health problems if the stress is not managed.

Relationship management Building emotional intelligence key skill 1: Self-management In order for you to engage your EQ, you must be able use your emotions to make constructive decisions about your behavior. When you become overly stressed, you can lose control of your emotions and the ability to act thoughtfully and appropriately. Think about a time when you have been overwhelmed by stress. Was it easy to think clearly or make a rational decision? Emotions are important pieces of information that tell you about yourself and others, but in the face of stress that takes us out of our comfort zone, we can become overwhelmed and lose control of ourselves. With the ability to manage stress and stay emotionally present, you can learn to receive upsetting information without letting it override your thoughts and self-control. Self-Help Techniques Key skill 2: Self-awareness Managing stress is just the first step to building emotional intelligence. The science of attachment indicates that your current emotional experience is likely a reflection of your early life experience. Your ability to manage core feelings such as anger, sadness, fear, and joy often depends on the quality and consistency of your early life emotional experiences. But being able to connect to your emotionsâ€”having a moment-to-moment connection with your changing emotional experienceâ€”is the key to understanding how emotion influences your thoughts and actions. Do you pay attention to your emotions? Do they factor into your decision making? You can do this through the practice of mindfulness. Mindfulness is the practice of purposely focusing your attention on the present momentâ€”and without judgment. The cultivation of mindfulness has roots in Buddhism, but most religions include some type of similar prayer or meditation technique. Mindfulness helps shift your preoccupation with thought toward an appreciation of the moment, physical and emotional sensations, and brings a larger perspective on life. Mindfulness calms and focuses you, making you more self-aware in the process. Social awareness Social awareness enables you to recognize and interpret the mainly nonverbal cues others are constantly using to communicate with you. Improving Your Nonverbal Skills and Reading Body Language Mindfulness is an ally of emotional and social awareness To build social awareness, you need to recognize the importance of mindfulness in the social process. Social awareness requires you to be present in the moment. You are actually more likely to further your social goals by setting other thoughts aside and focusing on the interaction itself. Relationship management Working well with others is a process that begins with emotional awareness and your ability to recognize and understand what other people are experiencing. Become aware of how effectively you use nonverbal communication. Recognizing the nonverbal messages that you send to others can play a huge part improving your relationships. Use humor and play to relieve stress. Humor, laughter and play are natural antidotes stress. They lessen your burdens and help you keep things in perspective. Laughter brings your nervous system into balance, reducing stress, calming you down, sharpening your mind and making you more empathic. Learn to see conflict as an opportunity to grow closer to others. Conflict and disagreements are inevitable in human relationships. Resolving conflict in healthy, constructive ways can strengthen trust between people.

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Chapter 3 : Student Stress & Anxiety Guide | racedaydvl.com

Universities and colleges (and their staff) have undergone dramatic and stressful change over the past few years. Managing Stress identifies the nature of stress for individuals, and what causes it in further and higher education.

You might also like these other newsletters: Please enter a valid email address Sign up Oops! Please enter a valid email address Oops! Please select a newsletter We respect your privacy. No one is immune from stress, but those entering the ivory towers of college are particularly vulnerable to it. That can bring an overwhelming number of choices. The United States of Stress College: Follow our stress-management tips to help relieve the pressure. It may be tempting to hit the hay at 4 a. Plus, insufficient sleep can put you at risk for serious illnesses, such as diabetes , obesity , and depression. Adults typically need seven to nine hours of sleep a night for best health. Forbes also recommends that you align your sleep schedule with normal resting hours by getting to bed before midnight, rather than staying up until dawn and sleeping until mid-afternoon. A steady diet of pizza and vending-machine fare can decrease energy levels in the body, leading to a lower threshold for stress. But as little as 20 minutes a day of physical activity can reduce stress levels. Forbes says just three or four half-hour sessions can lighten stress considerably. As for what type of exercise , try something that you enjoy doing, like swimming or yoga. Avoid unnatural energy boosters. Adjusting to college can be difficult, and venting your frustrations to a trusted friend can go a long way in fighting stress. Or seek the help of a professional counselor or psychologist. To find a trusted practitioner, check with your student health center for recommendations. Your schedule may be filled with lectures and study groups, but try to find at least a couple of hours each week to pursue a hobby or other activity that you enjoy. Try not to overload yourself. Start caring for yourself like you would for a child in your charge. Having three or four beers to unwind after a hard day of studying may seem perfectly logical, but any unresolved stress that you have will just come flooding back after your buzz subsides. Plus, if you overindulge, you may have to deal with unpleasant side effects, like nausea and hangovers, later on. When you feel stressed, deep-breathing exercises can help melt away the tension. Inhale slowly through your nose, hold the breath for a few seconds, then exhale through your mouth, and repeat as needed. This helps prevent the short, shallow breaths that often accompany feelings of tension. Stress often causes your muscles to become tight and knotted, and a professional massage therapist can help to loosen them, providing stress relief. Educational requirements for massage therapists vary from state to state, so finding a knowledgeable one can be tricky. One of the major professional massage associations in the United States, the American Massage Therapy Association , has a searchable directory of massage therapists. Going to college can put a lot of pressure on you. Using some of these strategies will help you reduce stress and soar through those four years.

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Chapter 4 : Student Guide to Balancing Stress | racedaydvl.com

Some levels of stress can actually be good for us, as the right kind of stress encourages us toward change and growth. However, when stress and anxiety exist for an extended period of time, they can become a burden or even a health risk.

Seek resources and professional help 1. Take care of yourself It is important to get enough sleep and to eat well – physical strength will help you to withstand mental stress. Exercise is beneficial, but it is also important to maintain your social life and not to slip into isolation and despondency. Do not self-medicate or increase your consumption of alcohol. Analyze the event objectively Try to be objective. Be honest with yourself, but try to avoid hindsight bias. Accept the facts as they are. If you are preoccupied with this event, the potential for further error is actually heightened. Set limits for the time you will think about this, then take time off from thinking about it and remind yourself of all that is going well. Use the Best Friend Technique. This technique encourages you to treat yourself as you would treat your best friend. If you made an error allow yourself the same understanding you would accord to others. There is no need for judgment. It is important to learn from what happened and move forward. Respond professionally to make improvements Patients can be harmed from healthcare delivery, and sometimes similar events may be avoidable in the future. Knowing you have responded professionally in the face of an unfortunate event or criticism can contribute to reducing stress. Focus on what you can learn from the event. Your own personal performance, knowledge, or skills When assessing your own actions, are there any objective lessons to be learned? Are there any alternative actions that might be appropriate in a similar situation in the future? Is there a need for further education? The system and processes of care at the workplace Can you contribute to quality improvement? For more information see systems thinking and quality improvement. Patients may also want to learn about improvements you have made in the system of care. For more information see disclosure. Seek personal support You do not have to "go it alone" Stay connected. Maintain normal relationships with patients, colleagues, family, and friends. Some physicians keep their professional problems secret, feeling they are unique in their difficulties. They deprive themselves of the support that friends, family, and colleagues would willingly provide. Reach out, talk to others, focusing on how you feel. If you are involved in a legal action, avoid discussing the details of the case. Seek resources and professional help Seek professional counselling if necessary. Physicians, medical students, and residents should seek help when feeling unduly stressed, whether from medical-legal or other difficulties. There are several avenues available to you. You may want to consult your family doctor about how you are feeling. Provincial physician health programs: Physicians may consider using the services of a physician health program; there is one in every province in Canada. Many of these provincial physician health programs also extend services to medical students and residents. For students, the faculty advisor, or office of the dean: Publications on physician stress: Increased awareness of the issue of physician stress has spawned the publication of many books and guides to assist physicians. Some of these are available on the CMA website. When members call the CMPA, they receive advice and solace from people who understand their situation. Physician Advisors at the CMPA are physicians with clinical practice backgrounds and are experienced in assisting doctors with medical-legal issues. They strive to help members keep their situation in perspective. Key concepts Stress is inherent in medicine. Statements of claim are not impartial or objective. You are not alone. Avail yourself of the emotional support of colleagues, friends, and family. Do not avoid what needs to be done. It is possible to recover from the distress of a bad outcome. A resilient physician learns by experience, seeks personal help as appropriate, bounces back, and grows.

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Chapter 5 : Students: 10 ways to beat stress | Education | The Guardian

Stress was the single most common inhibitor on academic performance reported by students, followed by depression, anxiety, and sleep difficulties. These increased stress levels come with some dire consequences. College students exposed to chronic stress can suffer from several long-term side effects, including developing insulin-dependent diabetes.

Everything is different – the food, the people and the living accommodations. Even though most students eventually get used to these new things without a problem, the first few weeks of college can create a stressful environment. This is true even if you are truly excited about the changes. Remember that even positive changes can induce stress. There is also a change in the support environment. This can be tough to adjust to, especially during those first few months.

Academic Demands and Test Anxiety This may be the most common long-term cause of stress for college students. For some students, college is the first time they are academically challenged. If high school was a breeze for you, college may be the first time you get a low grade on a test. Consequently, test anxiety may be experienced for the first time or with increased intensity. Test anxiety is anxiety that usually comes before or during the taking of tests. The symptoms can be physical and mental and usually inhibit your ability to perform as well as you otherwise could. Ways to manage or reduce the anxiety include:

- Study as much as you can. By studying as much as you can, you can reduce this fear. Try to mimic test taking conditions. It might be taking practice tests, studying in the same classroom or building where you will be taking the test or doing practice problems under timed conditions. These steps can help familiarize you to otherwise unfamiliar test taking conditions.
- Learn to study more effectively. Find ways to calm down. What cools you down? Squeezing a stress ball? Whatever relaxation technique you choose can help reduce the symptoms of test anxiety.
- Eat well and eat properly. For example, too much caffeine can exacerbate the physical symptoms of test anxiety. The more clear-headed you are, the less anxious you will feel.
- Exercise can release tension, and the less tension you feel as you go into the test, the better off you might be.
- Make sure you have plenty of time. No need to add more worry about being late and having less time to take the test as a result of unexpected traffic or a test location change.

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Chapter 6 : Stress management Stress basics - Mayo Clinic

"When you get to college, it's usually a fairly sizable life change," says J. David Forbes, MD, a Nashville, Tenn., physician specializing in stress management.

Additional Resources Students are exposed to a barrage of stressors during the college experience, from growing pains associated with adjusting to college to everyday factors like social pressures and work responsibilities. A poll conducted by the American College Health Association found that Stress was the single most common inhibitor on academic performance reported by students, followed by depression, anxiety, and sleep difficulties. These increased stress levels come with some dire consequences. College students exposed to chronic stress can suffer from several long-term side effects, including developing insulin-dependent diabetes. Additionally, suicide rates amongst college-aged students are three times higher than they were in, as described by American College Health Association statistics published in Psychology Today. The number of college students who suffer from stress-related ailments appears to be on the rise. The cards are stacked against counseling centers that have lower budgets and fewer resources that must help more students than in the past. Occasional stress is an unavoidable part of everyday life. Small amounts of stress can even have a positive effect, allowing us to push ourselves when we encounter a difficult task. However, high levels of stress over a prolonged period of time are linked to increased rates of depression, anxiety, cardiovascular disease, and other potentially life-threatening issues. This makes it all the more important to learn how to manage your stress before you suffer any adverse effects. The following guide will introduce you to potential stress risks, stress management techniques, and resources that are available to all college students. According to Psychology Today, there are two different meanings for stress: The fight-or-flight response floods your body with hormones that increase heart rate and the circulation of blood, designed to allow the body to get a quick burst of energy, focus attention, and more. Unfortunately, the body can also overreact to stressors that are not life-threatening. The amygdala alerts the hypothalamus, which triggers a rush of epinephrine and cortisol: The increased blood flow to your brain can make you feel more awake and aware. This hormone changes the way you metabolize glucose and regulate blood pressure. During stressful situations, Cortisol gives your body the burst of energy characteristic in a fight or flight response. The Effects of Stress When a person is exposed to stressors, or stimuli that provoke stress, we experience an array of physical, emotional, behavioral, and cognitive reactions. Two people might experience stress in very different ways. Here are just some of the symptoms that can occur when you experience stress: Physical Sweating The body reacts to stressful situations with a unique type of sweat. You are likely familiar with the watery sweat produced by the eccrine glands, which occurs during exercise and warm weather. Your body also has apocrine sweat glands that immediately respond to stressors and produce a sweat that is full of proteins and lipids. The result is a more pungent sweat that is believed to have developed to alert others of danger and increase alertness. Increased Heart Rate When your brain releases epinephrine, your heart rate increases to get your body ready to fight or flee. Increased Blood Pressure When you encounter a stressful situation, your body will surge with hormones. This surge temporarily increases blood pressure by narrowing your blood vessels and causing your heart to beat faster. This a short-term effect and there is currently no evidence that suggests that stress can lead to long-term high blood pressure on its own. Muscle Tension Your muscles contract when stress hormones trigger your sympathetic nervous system. This occurs because contracted muscles are more resilient to attack. Headaches Tension headaches can be triggered by tightened shoulders and neck muscles. Stomach Aches The muscle tension, dietary changes, and hormonal shifts that occur as a result of chronic stress can lead to abdominal pain. Fatigue The fight-or-flight response floods your body with hormones that make you feel temporarily alert. However, this effect eventually fades, causing your body to crash after prolonged periods of stress. Emotional Hostility Once a stressor triggers your fight-or-flight instincts, you might begin to perceive other stimuli as potential stressors as well. People sometimes lash out with frustration

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or irritability in order to defend themselves. Fatigue brought on by prolonged stress can have the same effect. In fact, a significant amount of research has been conducted on the risks of learned helplessness in animals and humans. Studies have found that animals can become conditioned to take no action even when given the chance to escape from stressful stimuli. Loneliness Isolation and stress can become a vicious cycle, each feeding on the other. Research published in the British Medical Journal describes how stress and social isolation are tied to increased mortality rates. Behavioral Binge or Reduced Eating Stress hormones can temporarily halt your appetite. However, according to the Harvard Medical School, long term exposure to cortisol can also lead to cravings. This is just one reason why so many students celebrate the end of finals week with chips, pizza, and ice cream. Drug or Alcohol Abuse Students might turn to alcohol or drugs to escape from the effects of chronic stress. Decreased Sex Drive As noted above, cortisol is one of the hormones that is flooded into your system during the fight-or-flight response. Sustained high levels of cortisol can cause a lack of sex drive. Erratic Sleep Habits Stress can keep you from getting enough sleep and decrease the quality of the sleep you are getting. This can start a vicious cycle where being exhausted from a lack of sleep causes additional stress, which makes sleeping hard, which makes you more exhausted, and so on. Cognitive Memory Loss According to a study out of the University of Iowa, increased levels of cortisol can result in memory lapses as we grow older. The study found a link between high cortisol levels and the gradual loss of synapses in the prefrontal cortex, which is responsible for short-term memory. Loss of Concentration Research has found that stress can impair the short-term learning and concentration sections of the brain. Negative Outlook Stress can feed a negative outlook, which can in turn feed the cycle of stress. Mayo Clinic suggests breaking this cognitive feedback loop by practicing positive self-talk to pull yourself through stressful challenges. Stress Disorders Depression Clinical depression is marked by chemical imbalances that can be triggered by stressful life events. In Medlineplus magazine, Dr. Esther Sternberg encourages people to seek professional help if they are unable to control stress levels, because they might have clinical depression. General Anxiety Disorder This is just one of many anxiety disorders that can develop due to chronic stress, according to the American Psychological Association. This ailment is characterized by visible physical symptoms, such as muscle tension and shaking. Sleep Disorders Sleep problems and anxiety issues appear to be intertwined. The Anxiety and Depression Association of America explains that sleep disorders can cause anxiety disorders and vice versa. Substance Abuse Some students attempt to take the edge off their hectic lives by turning to alcohol or illicit drugs. These dangerous coping attempts can lead to even larger problems of substance addiction and abuse. The National Institutes of Health recommends yoga and meditation to relax your body and release muscular tension. Causes of Stress In College Students all respond to stressors in different ways and not all students will find the same situation to be stressful. However, there are several common situations that tend to stress anyone out. Here are some common stressors that college are exposed to regularly: Finances Students often work while attending college in order to keep up with high tuition and housing costs. However, many student jobs only earn entry-level wages. New Levels of Independence On top of classes and exams and meeting new people, students also have to deal with growing up. Out-of-state students may be living away from their home for the first time in their lives, which can easily become a source of constant stress. Living Among Strangers Students new to campus life often feel isolated, especially if they are in a wholly unfamiliar city or state. This is made even more difficult in an unfamiliar and stressful setting. Living With Roommates Many students may not be accustomed to sharing a room with a roommate, especially someone they hardly know. This stressor can easily compound with the normal stresses of college life. Coursework and Exams Students are often overwhelmed by the increased workload associated with college courses and have a hard time adjusting to having less accountability to complete assignments. This realization can blindside students and create a lot of stress and academic anxiety. A death in the family is often an extremely traumatic life event for students, especially if they study away from home and cannot afford to step away from their classes. Work Schedules A survey conducted by Citibank and Seventeen magazine reveals that 4 out of 5 students work while attending college , with the average students spending 19 hours

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each week at work. Many students try to find a job that can accommodate the scheduling concerns associated with full-time college studies. **Social Obligations** On top of being a good student, college places a lot of pressure on students to make new friends, seek out new experiences, and have a lot of fun. **Romantic Relationships** Romantic relationships take work, period. But when you and your significant other are both under the stresses of college life, the pressure can seem even greater. **Managing Your Stress** Diagnosing which situation are likely stressors is only half the battle. Luckily, there are quite a few ways that you can avoid getting stressed out, reducing the amount of stress you feel from certain situations, and to increase your ability to cope with and eliminate stress altogether. Here are a few ways that you can cope with college stress: **Get Enough Sleep** Getting enough quality sleep can have a variety of health benefits , including reducing stress and improving mood. **Eat Well** Your body can better handle stress when you are as healthy as possible and eating well is a great place to start. You can also try seeking out foods that combat stress. **Exercise** Not only will regular exercise help keep you healthy, but the act of exercising releases endorphins and improves overall cognitive ability. Exercise can also help you fall asleep, which itself can help reduce stress. These stimulants increase cortisol levels in the body, increasing the effects of stress on the body. **Set Realistic Expectations** A hectic schedule is one stressor that can breed several others. Consistently having too much on your plate can easily lead to a great deal of stress. Luckily, a busy schedule can often be easily dealt with. Avoiding procrastination and managing your time wisely can keep you from having to spend all night catching up on coursework.

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Chapter 7 : Study skills | The Open University

Now a days time management was an important part because it's very important that develop us effective strategies for the time racedaydvl.com "7 Time Management Tips for Students" having stuffed information which really helpful for me to managing time.

But to extract the most business value from research, companies need to follow these seven rules. Brown Most previous studies of industry-university collaboration have framed the analysis of such partnerships in terms of research project outcomes, defined here as a result that creates an opportunity for a company, such as guidance for the direction of technology development. From a business standpoint, however, research outcome is of only incidental importance. Are new products made possible? New and more effective manufacturing processes? Novel kinds of computer hardware or software that enable greater logistical efficiencies? Patentable materials, designs or processes that enhance competitive advantage? Managers see working with academia as beneficial only to the extent that it advances the company toward its goals. The focus of our research, therefore, was on the impact of the collaboration on company products, processes or people, as evaluated both by the direct industry managers of university projects and by senior technical personnel with a view across projects. While constructing industry-university agreements is an important, and often lengthy, precursor to the collaboration, this article is concerned with specifically how those collaborations can best be carried out once the agreements are in place. To identify these best practices, we surveyed more than projects at 25 multinational companies that engage in research collaborations with a broad base of universities; a dozen of those projects involved collaboration with the Massachusetts Institute of Technology. About the Research This article reports the results of a three-year study aimed at determining best practices for industry-university collaboration. Data were collected at 25 research-intensive multinational companies from the aerospace, information technology, materials, consumer electronics, automotive, biomedical, mining, paper and petro-chemical industries. Interviews of the responsible project managers plus senior technology personnel associated with industry-university collaboration were conducted for more than university projects sponsored by the companies. We asked the companies to provide examples both of successful projects and those that failed to meet expectations. We determined the amount of success through a survey with a series of questions on two distinct levels: Quantitative and qualitative information regarding the levels of success of the collaborations were obtained, leading to our identification of seven best practices for managing collaborations. Drawing on the quantitative and qualitative information provided by the industry project managers and senior technologists, we have identified seven practices consistently found in industry-university research collaborations that had a substantive impact for the company. These provide the foundation for management and for connection of the university research to the company. The last three build on this foundation and address issues of project management and of fostering maximally productive relationships between the company and the university researchers. Taken singly, the seven best practices are neither new nor surprising. What is new is that the seven have been extracted from a quantitative study that included a large number of other practices as statistically important predictors of better university project outcomes and company impact. These provide actionable items for project managers that can benefit their interactions with academia. Indeed, this set of best practices could apply to management and integration into a company of any externally performed research. These findings may thus also be pertinent to collaborations with nonuniversity research organizations, such as government labs and nonprofit organizations, as well as to industry consortia. Research Updates from Get semi-monthly updates on how global companies are managing in a changing world. Sign up Please enter a valid email address Thank you for signing up Privacy Policy The Outcome-Impact Gap The main observation that drives this discussion is that industry-university collaborations often produce interesting outcomes “ for example, an insightful technical paper, a proposed process or a new computer code ” but those outcomes have minor or no impact on company productivity or competitiveness. Given the risks in

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research funding, that is an impressive batting average. The fact that almost half the projects had successful and consequential outcomes suggests that these companies are effective in their selection of university research projects. The outcomes did not make their way into products or processes or influence company decisions. This study aims to determine and address the conditions that lead to such reflections. A similar effect has been noted, for example, in government-sponsored Engineering Research Centers. As in other models of cross-boundary knowledge flows, it is important to have two-way knowledge transfer between the university research team and the company personnel managing the project, as well as between the company project manager and others in the company. The project manager, however, is not the only channel for knowledge flow. The capability for impact is enhanced if there are direct communications between the university and other units within the company. No matter how knowledgeable the project manager is in the technical field, the chance of making new connections for the research are greater if individuals involved with development, manufacturing or production, for example, have the opportunity to be in direct contact with university researchers. The probability that useful information will be brought to bear on the development of the university research or its subsequent application is enhanced by all these two-way flows. A further finding is that these knowledge exchanges need to continue even after the contractual research project is completed; lack of attention to this point was one reason for failure to exploit successful project outcomes. The survey questions were thus designed to investigate whether the channels for knowledge exchange were active both during and after project completion, as well as to examine the quality of the relationships. Use your company research portfolio to determine collaboration opportunities. Define specific collaboration outputs that can provide value to the company. Identify internal users of this output at the working level; executive champions are not a substitute for this requirement. Select boundary-spanning project managers with three key attributes: In-depth knowledge of the technology needs in the field The inclination to network across functional and organizational boundaries The ability to make connections between research and opportunities for product applications

3. Share with the university team the vision of how the collaboration can help the company. Select researchers who will understand company practices and technology goals. Invest in long-term relationships. Plan multiyear collaboration time frames. Cultivate relationships with target university researchers, even if research is not directly supported. Establish strong communication linkage with the university team. Conduct face-to-face meetings on a regular basis. Develop an overall communication routine to supplement the meetings. Encourage extended personnel exchange, both company to university and university to company. Build broad awareness of the project within the company. Promote university team interactions with different functional areas within the company. Promote feedback to the university team on project alignment with company needs. Support the work internally both during the contract and after, until the research can be exploited. Provide appropriate internal support for technical and management oversight. Include accountability for company uptake of research results as part of the project manager role.

Seven Best Practices for Industry-University Collaboration On the basis of these observations, we propose a set of seven guidelines that companies should follow to get the most value out of their research collaborations with industry. While adhering to this set of best practices will not guarantee success, it will help managers to steer around the pitfalls that beset many of these partnerships and to realize more of their business potential. Taken together, these practices can measurably enhance the capability of industry-university collaboration to have positive impact on company products and processes. If not, there is high risk of investing in projects that have little or no impact. One senior technology manager stated: Further, when company personnel work on areas linked to the university project, the knowledge flows connected with the collaboration are heightened, providing additional pathways for uptake of the results. These additional linkages broaden and diversify the communications channels that are key to maintaining project alignment, and in some cases even can enable a realignment of the research goals with changing company strategy. Although having a company executive as a champion for the project can be helpful in terms of support, 2 we found no evidence that this could substitute for a strong connection of the university team with the company research and development strategy. This latter

point is illustrated by the history of a collaboration sponsored by an engine manufacturer. The partnership arose from a suggestion by a member of the board of directors who thought it would be useful to have a strong connection to a university laboratory with a major research presence in the field. Other senior management agreed and provided funds for a project proposed by the head of the laboratory. The company supported the project for six years, some of the work was done using company product hardware and the project produced several publications. From the university perspective, the project was challenging and the results were instructive and useful, leading to better understanding of how the devices being studied behaved. No one at the working level or first level of management, however, saw a clear link to problems the company was having or to constraints on their design processes. They took no ownership of the project and paid little attention to its results, despite the strong desire of the university group to be useful.

Select Boundary-Spanning Project Managers In every organization, there are certain individuals who naturally engage in networking activities, maintaining relationships that cross organizational lines. Companies dependent on new technology rely on a particular type of boundary spanner – the technical boundary spanner – to capture and use this technology successfully. Effective technical boundary spanners, whether as a result of personality or training, recognize their responsibility to facilitate knowledge exchange with both the university research group and within their company. They are key to turning collaboration research outcomes into company impacts. Boundary spanners contribute to the success of industry-university collaboration in two primary ways. First, they effect a broad dissemination of the research results inside the company. That is especially true for introducing the findings to individuals beyond the research community who have responsibility for development, manufacturing and other functions. One example of boundary spanning was in a collaboration between a university and a robotics company. These interactions in turn led to ideas about how the next generation of robotics might be evolved into tools and integrated into the manufacturing process. They also provided information on the best direction for the project to proceed – in this case, a direction the project manager would not otherwise have considered. The researchers were bright, the topic had a high profile and anything the collaboration produced might have sparked attention. Without the cross-boundary discussions, however, it is unlikely that the project results would have been adopted as part of a manufacturing process with potential for major impact on the company. Technical communities within a company play an important role in the formation of boundary spanners. These communities provide opportunities for younger professionals to develop diverse networks and demonstrate the inclination and the professional skill for managing university projects. In addition, the project manager should keep groups inside the company abreast of progress on the research collaboration, and inform the university team of ideas from the company regarding potential linkages to other company activities or new arrows. Technical communities also facilitate the identification of new ideas and applications that can lead to successful outcomes not envisioned in the original contract, as illustrated by the robotics example. As one vice president for external research told us: They need to enjoy interacting with people. Share With the University Research Team the Vision of How the Collaboration Can Help the Company Our data show that academic research is more likely to have positive impact on a company if the university researchers have a strong knowledge of the business setting, company practices and how the research fits company strategy. These conditions occurred more often when university researchers had worked in the same or similar industries in the past, giving them insight into linking research results to industry practices. If university researchers do not already have this background, the project manager must find a way to provide that knowledge to them. Interviews revealed, however, that some project managers chose not to communicate the strategic context of the project and the high-level goals to the university researchers. A common reason cited was concern about losing a competitive edge. While this concern is understandable, stifling communication has a significant downside. Take, for example, one collaboration aimed at improving the production process for a biotechnology product.

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Chapter 8 : NCAA establishes 'best practices' for mental health of college athletes

Your college may offer first-year students advice on study skills and time management to help with this transition. Learn more about mental illness. College sometimes offer students support groups for mental illness and stress management. NAMI may have a group on campus or an affiliate in the community. And college is also a great opportunity to learn more about the brain by taking classes in psychology.

You are viewing information for England. Study skills To help students become more effective in college, here are some helpful external links on how to become a better student. Stress relief College Student Stress â€” Tips and information on how to relieve college stress. Managing Stress â€” Guide for students on how to manage stress in college. Stress Reduction Tips â€” Helpful article which provides tips and suggestions to reduce stress. Stress Management Tips - Information and tips which help people manage stress properly. Study environment Creating a Good Study Environment â€” Informative page which deals with how your environment can assist in studying. Effective Studying Environments â€” Helpful academic article which provides information on creating a proper environment. Choose a Good Study Area - Article which helps student select a good study area. Managing Your Study Environment â€” Tips and suggestions how to manage time and your environment. Getting organised Organisational Skills â€” Suggestions on how to build proper organisational skills aimed at younger students, but helpful for everyone. Skills for Students â€” Information and ideas on how to improve skill for organisation. Organisational Skills â€” Tips fo college students on how to be better organised. Organisation Tips for Student Success - Page which provides tips on how to create good habits for success. Time management Managing Your Time â€” Information for college students on managing time properly. Student Time Management - Helpful article providing ten tips for managing time. Student Time Management Tips â€” Informative page with helpful tips and hints on improving time management. Tips for Students - Article which provides information and tips for students managing time. Helpful study resources Study Strategy Links â€” Collection of helpful resources aimed at helping students study. How to Study - Web page with a number of useful resources to help college students. Resources for College Students - Article which provides information and links to many helpful topics for college students. Study Skills Guides â€” A useful page which contains a number of general study skill ideas and topics to assist students. Study Skills and Resources - Helpful page with information and tips on how college students can improve their study habits. How to Study â€” Information for teachers, which can be useful for students, on what is needed to be successful in school.

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Chapter 9 : Ann Edworthy Books - List of books by Ann Edworthy

Most college students are going through the same things at the same time, so don't feel silly if you need to just vent for 30 minutes over coffee with a friend. It may help you process out what you need to do, and help you realize that the things you are so stressed about are actually pretty manageable.

Alamy Young people should have everything to be happy about, but as the generation with the least responsibility we actually experience the most stress. Students juggle part time jobs with university, worry about assignments and stress about the future and how to make the next step. Trying to manage all these things at once can leave you feeling overwhelmed. As a student, every spare minute seems to be filled with worrying â€” you feel like you have to achieve something and make plans for your future. There are some really easy ways to beat stress effectively. Here are some that I have encountered as a student:

A varied and healthy diet Eating fresh ingredients and lots of fruit is really important. Juices filled with vitamin C, such as orange or grapefruit juice, are said to be good for your immune system so can help with stress.

Exercise Doing sport at least once a week is the best way to reduce stress. It helps your body produce endorphins, which make you feel good. Joining a sports club could also help with stress as the regular contact with other people should help improve your mood. And why not try yoga?

Meditation It might sound simple, but sitting quietly for 10 minutes a day can really help with stress levels. Good breathing techniques can put you in a more relaxed state as they send oxygen surging through your bloodstream, helping to calm you down and beat the stress.

Take breaks regularly Short breaks between working can help you switch off. But longer breaks are important too. How about taking the weekend off to relax? Make time for fun and for yourself even if this means that you have to schedule time away from your work.

Get a pet It is said that spending time with animals is good for your health. If you pat a dog for a couple of minutes, your body releases hormones that make you feel happy and can decrease the amount of stress in your system.

Sleep and sign off Facebook Sleep is always the best medicine and some people find that small minute naps can help increase productivity. As students we tend to spend too much time on social media sites and answering emails, texts and phone calls. Sociability is fun â€” but too much of it, and too much computer time, can lead to more stress. Failing to switch off from work because of your electronic gadgets will only make you even more stressed.

Quit smoking Some people say they smoke to relax, but researchers on the European Board for Research on Nicotine and Tobacco suggest that nicotine suppresses the hormone serotonin, which fights stress. Another good reason to quit. Try to see the positive side

If you missed a deadline, try to appreciate what you learned from this mistake: Things might seem bad, but if you try, there is usually something positive to be learned.

Listen to music Listening to music can help calm you down and put you in a better frame of mind. Laughing out loud increases oxygen and blood flow which automatically reduces stress. Not taking life too seriously can help everyone live a better and easier life. Make time for yourself, log out of Twitter and take breaks. How do you manage stress? Share your tips in the comments section below

Topics.