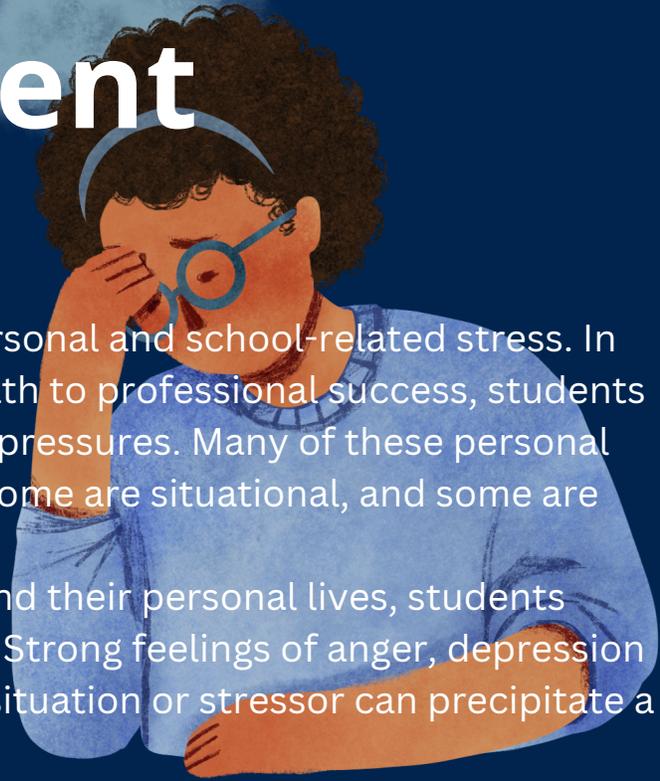


College Student Stressors



College students often experience considerable personal and school-related stress. In addition to the pressure to achieve and work out a path to professional success, students must cope with a variety of personal stressors and pressures. Many of these personal stressors are age-related developmental factors, some are situational, and some are psychological.

In an attempt to juggle the demands of college and their personal lives, students sometimes act out aggressively or self-destructively. Strong feelings of anger, depression and anxiety are common. Sometimes just one added situation or stressor can precipitate a crisis.

To put this into perspective, studies indicate that in a group of 100 college students with equal numbers of men and women at least:

- **30** students will have divorced parents
- **15** students will have a substance-abusing parent
- **10** students will themselves have a substance abuse problem
- **15** female students will be victims of rape or sexual abuse
- **6** female students will have an eating disorder
- **4** male students will be victims of sexual abuse
- **3** female students will become pregnant during their college years

Other Common Stressors

- Isolation and loneliness
- Death of a loved one
- Break-up of an intimate relationship
- Serious illness
- Perceived rejection by family
- Academic pressure or failure
- Identity confusion
- Cultural oppression/discrimination
- Low motivation or inability to establish goals
- Outside work pressures
- Parenting responsibilities