

Stress of college students

1. A friend of mine, a college student in CCNY, John shared with me one day that he was so stressed that he wanted to quit school. He was a junior student who had to work three days a week to pay for his tuition and daily expenses. He told me that he had no time to study but exams are coming, and he felt helpless with handling work and school at the same time. Also, he said that he cannot get help from school as he doesn't know such ways, and no one seems to care about his situation.
2. Another friend of mine, a senior, was stressed about his future as he is going to graduate soon but he meets a predicament in finding a job as he lacks experiences.
3. One of the solutions could be providing more counselling services to students in need, so that students can seek for help when they feel stressed.
4. Another solution could be holding workshops or talks for students, especially freshmen who are not familiar with the method of learning in college, to teach them how to manage their time and plan for their life in future years in college. It could prevent them from losing track on their courses and assignments during semester and reduces their stress in future career development as they have already planned.
5. One of the most obvious and direct consequence can be found on the students' mental health. If you don't handle stress in college life, then it could result in mental disorders.
6. College students are the future of our society and they are directly altering how great our country will be. If students who have great potential are being destroyed by stresses that are preventable. If appropriate measures are not being taken there will be a great loss.