



Common stress periods throughout the academic year

Sometimes just knowing that students' thoughts and feelings are not unusual among their peer group can help everyone feel a little better. However, when those thoughts and/or feelings interfere with life's activities, including school work, it may be time to speak with someone who can help.

Typical stress/adjustment issues identified according to time of the year

September –Overwhelmed with degree of “newness” as initial excitement naturally weans for first year students; grade shock after first exam/quiz/paper, questioning ability at each new level of difficulty

October- Tensions between roommates begin to surface; long-distance dating relationships become strained as close friendships on-campus begin to form; homesickness may intensify following Fall Break.

November-Mounting academic pressure, "mid-semester" slump; financial worry; time management between academics and social life.

December -Seasonal social scene in conflict with the end of semester time crunch; apprehension over not having worked harder, as final exams approach.

January- "Dread going back to school after break," or "I can't wait to get back to school, I'm getting bored."

February-Worry about ‘major’ choice.

March- Roommate irritabilities rise again; increased academic pressure-once again.

April-Increased academic pressure and realization that the semester is almost over-final exams approach; Spring Break pressures may surface.

May- Difficulty managing intense pace of Spring Course; difficulty balancing additional leisure time and remaining responsibilities.

(Partially Adapted from the NASPA Journal)