Coping with Stress:
Strategies that can help you achieve your goals when you’re feeling the pressure
Experiencing Stress is Normal

- Transition to college
- Challenging major
- Learning to set priorities and manage time
- It’s hard work!
  - Many people have math anxiety (guest speaker Terry Matthews will talk about this)
- Outside pressures, like work and/or family
The Challenge of Stress

- Feeling stressed can make you want to give up on:
  - An assignment
  - A class
  - Your major
- Don’t! There are effective ways to cope with stress.
Good Coping Strategies

• Planning
  • Anticipate your challenges
  • Think through the obstacles
  • Develop a strategy
• Example
Good Coping Strategies

• Active coping
  • Confront challenges directly
  • Execute your strategy
  • Break a challenge down into smaller steps
    • Take one step at a time
    • Keep going!

• Example
Good Coping Strategies

• Change your thinking
  • What are the potential benefits of the challenge you’re facing?
  • What are you learning?
  • How will you grow from it?
  • How will it help you reach your goals?
• Example
Bad Coping Strategies

- Denial
  - Ignoring the problem
- Quitting
  - Behavioral or mental disengagement
- Focusing on negative feelings
  - Thinking about how “bad” it is instead what’s good about it and making it better
- Waiting too late to ask for help
  - Asking for help at the end of the semester.
- Being reactive rather than proactive
  - Studying after the bad test grade instead of before