

Your name

Supervisor name

Course name

Due date

Is Stress Always Bad for College Students?

Fight or flight (or freeze) is the body's response to danger, worry, and stress. The amygdala is the part of the brain that aids in emotional processing and sends distress signals to the hypothalamus. Having the energy to fight or flee comes from communication from the command center, the brain. The brain has the power to enable a successful fight or flight decision. When stress is constant, that response may occur more than normal, and how it is handled is vital. College students do face stress like every other group of people on the planet. New stress may enter a student's existence in the form of being away from home for the first time, hoping the scholarships and financial aid are awarded, wondering if the annoying roommates will ever stop snoring or clean up all that chaotic clutter. Even with these college-related problems, is stress always bad for college students?

Freedom, at last, may well be at the forefront of any freshman college student. This means moving away from home, from parents, siblings, or other relatives. No more rules, curfews, watchful eyes, and a thousand questions. Those first moments of reaping all the benefits of sowing good grades, chores, manners, part-time jobs, and driver's education are paying off. This is the most exciting time for a young person out the door and beginning life's journey.

When the new car smell wears off one rainy morning in some general education class lecture, thoughts of home start to swirl around the room, accompanied by memories of home-cooked meals and family gatherings. Home-sickness makes an entrance and takes a seat in the same row on the hard lecture hall seats. Being lonely for left-behind friends and hoping to make new best friends at college can rile up unwanted anxiety (Dunn). Some college students

may question the decision to leave the nest, which can be difficult. At some point, college students might consider quitting, going home, or giving college up altogether.

The financial pressure of affording a good college education today oftentimes rests on the shoulders of the college student. The stress of money, or lack of it, can distract even the most astute academic minds. Keeping excellent grades to receive scholarships is a daily pressure for students. There is the possibility of losing financial aid if not maintaining a certain GPA. The cost of on-campus meals can be high, and the price of dorms or the cost of campus living is astronomical. Some colleges do not allow new students to have jobs, so a scholarship or other monetary aid is crucial to college survival. The stresses of money are difficult for grown adults to deal with, and college students bear this burden oftentimes alone.

These common aspects of college life are prevalent and real, as is the added stress they cause, though stress does not necessarily equate to failure. A stressed-out college student, no matter the year, will work through the night to study for an exam or finish a term paper. Is there weight to the saying, “working well under pressure”? Knowing what is on the line, as in scholarships, can propel a college student to do their best work. The need to excel, to be successful, and graduate keeps that constant taste of healthy stress fresh in the forefront of their minds, as a reminder of what needs to happen to get what the student wants: their long-term goals.

Working well under pressure is a sought-after skill in the workforce. When the pressure is on, the college student’s brain will stimulate getting into a fight scenario rather than causing a fleeing situation. Focusing on the task, and in this case, the class assignment, is beneficial in performing under pressure. In addition to focusing on tasks, managing emotions is also beneficial (Morgenstern). Practicing these techniques during the school day or at night can help college students manage stress instead of giving it control of life’s steering wheel.

College students can have a lot of stress, and some students more than others. The stress may manifest itself in visible ways, like nail-biting, constant tapping of the writing utensil on the desk, a jittery leg or foot, deep sighs, sleepless nights, no appetite, or stress-eating. Most students will keep all the stress inside and plug away on assignments, eat, sleep, and carry on. Stress can propel a college student; a healthy amount of pressure will keep goals in sight. Stress is not always bad for college students. It pushes the student to become what is needed and to do what is required, coming out on the other end with a sense of accomplishment and pride.

Works Cited

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