

ABOUT STRESS

If you have been experiencing an increased sense of stress lately, congratulate yourself. It probably shows that you are in touch with your feelings. However, if you feel bad or somehow inadequate because you feel stressed, think again. **No one escapes stress.** In fact, “A” students are more susceptible to stressors than others. A major difference between more effective and less effective students is not the presence or absence of stress, but the ability to recognize stress when it occurs and to manage it.

There are many sources of stress unique to students attending a commuter college. Commuter students often have jobs in addition to school and family responsibilities. Many students live at home and experience conflicts about privacy, space, and freedom. Sometimes students may even feel pressured by the challenge of making friends in a new and perhaps intimidating setting, which is exacerbated by a feeling of anonymity, imposed by large classes. Finally, traveling to and from school and work and home on public transportation can be another source of stress. Work, family, friends, and travel are all possible sources of stress for commuting students.

In addition to the unique problems of attending a commuter college, there are the problems of adjusting to college life in general. Learning how to meet the study and time demands of college level courses is one such a problem. Another is that of learning how to deal with people whose values and opinions on drugs, sex, and religion differ from your values and opinions. In addition, students often find they are no longer able to obtain high grades they earned in high school. Students often begin to question their choice of major or career.

If you are experiencing any of the stressors aforementioned, stop in and ask to make an appointment to speak with a professional counselor in 0203 James Hall.

All services are free and confidential.

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