Reducing Academic Stress

1. **Take a good look at your course load.** In high school it was easy to manage your 6+ classes in addition to all of your activities.   In college everything changes. The difference between 13 and 16 credit hours may appear to be just one more class but it could average 6 extra hours of study time per week. If you are registered for 15+ hours and are stressed or feeling overwhelmed, you may want to consider dropping a course. **Be sure to check with your advisor before dropping a class.**

2. **Attend class.** It may seem like your professor is 'just reviewing' or maybe the professor doesn't take attendance. It doesn't matter. GO TO CLASS. Your professor may give study tips, hints on what to expect on the test, etc.

3. **Visit your professor during his/her office hours.** Contrary to belief, your professor is not the scary monster you may think he/she is. He is not out to get you or make your life miserable. Your professor is one of your best resources for helping you understand the material. Be prepared when you go to his office by having specific questions for him.

4. **Get a tutor or join a study group.** Having peers to explain the course information in language or examples you understand is an asset. The tutors have taken the course and know the struggles you are encountering. If the Tutoring Center does not cover that specific subject, ask the professor to recommend a student who is willing to help.

5. **Get an Academic Mentor.** A weekly meeting with a trained mentor can provide you with encouragement as well as specific academic guidance for developing and using effective study strategies and productive self-management skills.

6. **Reduce extra-curricular activities.** We all want to be involved. It is a balancing act doing what you _**need**_ to do versus doing what you _**want**_ to do. Reduce the number of extra-curricular activities to one or two. Then, slowly add an activity (one per semester) only after successfully handling the current semester's load of work and play.