Coping with Anxiety

Is your student Stressing over Testing?

One of the most common causes of anxiety that students experience is test anxiety. This can be caused by fear of failure, lack of preparation, or simply the stress of taking exams. It is important to help your student manage their anxiety and develop strategies to cope with it. Here are some tips:

1. Encourage your student to practice stress management skills. Discuss ways to make the week of finals less stressful, such as preparing nutritious snacks for study sessions. Remind them that staying healthy can make a huge difference. Explain that getting a couple hours of sleep is better than no sleep at all.

2. Help your student to check in, listen, and know when to point to the professionals. Discuss the resources to find. Rate of heavy drinking in college students tend to spike with oncoming high-stressful events.

3. Encourage your student to maintain a routine. Set a schedule for studying and sleeping, and try to stick to it. This can help to reduce feelings of anxiety and increase overall well-being.

4. Remind your student to take breaks. Encourage them to take short breaks during study sessions to relax and recharge.

5. Discuss the importance of self-care. Encourage your student to engage in activities that they enjoy and that help them to relax.

6. Help your student to stay positive. Encourage them to focus on what they have accomplished and to believe in their ability to succeed.

Anxiety surpasses depression as the #1 issue college students face. According to the NIAAA, the more alcohol a student consumes in a week, the lower their GPA. Rates of heavy drinking in college students tend to spike with oncoming high-stressful events. Stress can lead to unhealthy coping mechanisms, such as inadequate methods to cope. Studies show that stress can increase anxiety and decrease academic performance.

It is important to talk to your student about their stress levels and help them to develop coping strategies. Encourage them to seek help from a professional if they are feeling overwhelmed.

The program is divided into six sessions, including:

1. Introduction to NAMI Basics
2. Understanding and Coping with Mental Health Conditions
3. Mental Health in the Community
4. Building Your Advocacy Skills
5. Navigating the Health Care System
6. NAMI Basics Wrap-Up

The program is free to parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is available both in person and online. NAMI Basics is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms.

If you have any questions, please feel free to reach out at

The residence halls close on Saturday, December 14, at 5:00 p.m. However, we ask students to check out no later than 24 hours after their last final exam. The residence halls re-open for the spring semester on Sunday, January 19 at 9:00 am.

The residence halls will not open earlier than January 19, 2020. Specific items home for the break period. For students completing room changes, the situations are handled on a case-by-case basis, and students should be in touch with their Resident Directors about their specific circumstances.

To access to the buildings when important items have been forgotten.

If you or someone you love could benefit from the in-person NAMI Basics program or NAMI Basics webinar, please contact us.

As we enter the winter weather season, Off Campus and Commuter Services (OCCS) wants to encourage students to proactively communicate with friends, families, and neighbors to ensure that everyone is aware of each other’s whereabouts and needs. In addition, OCCS recommends that students have an emergency contact list and that they stay connected with their friends and family.

If you have any questions, please feel free to reach out at