STRESS IN COLLEGE
Helping Students Thrive

For More Information

Given the many demands college students face today, stress is unavoidable. The simplest words or actions from an influential adult can have a significant impact on how students succeed. For more information about how you can help UWM students manage stress, please contact Norris Health Center’s Counseling and Consultation Services or Office of Health Promotion and Wellness (414) 229-4716.

Developed in conjunction with the UWM S.A.F.E. campaign. General information on campus safety is available online at campussafety.uwm.edu or by contacting the University Police, (414) 229-4627.
Stress is a natural component of student life. In addition to the pressure of meeting academic demands, students are at a pivotal developmental stage, learning how to be independent adults, forming their unique personalities, creating personal value systems, developing significant relationships, and choosing career paths. Usually, a certain degree of stress will motivate individuals into productive functioning; too much stress, on the other hand, often interferes with positive outcomes.

In your position as faculty or staff member, students may also view you as someone who listens and offers guidance. By expressing interest and concern you have an opportunity to help a student in need find appropriate assistance.

**Steps to Making a Referral**

1. Recommend campus services to her/him.
2. State in an open, clear manner why you believe student should seek help.
3. Help student establish a positive but realistic expectation.
4. Remind her/him that counseling at Norris Health Center is free and confidential.
5. Offer to help the student make the initial contact.

**How You Can Support Students**

For students struggling to balance the stressors in their lives, resources are available. Close friends, relatives, clergy, coaches — anyone who is seen as caring and trustworthy may be a potential resource in times of trouble.

**Typical Causes of Student Stress**

- Relationship problems
- Sleep problems
- Financial strain
- A part- or full-time job
- Medical illnesses
- Family problems/pressures
- Sexual assault
- Unplanned pregnancy
- Sexually transmitted disease

**How Can You Help Reduce Student Stress?**

- Establish rapport with students; get to know them by name
- Provide structure at the onset of the semester
- Provide regular feedback about progress
- Become a student mentor
- Be accessible

**UWM STUDENTS WHO:***

work for pay

| 76.4% |

work more than 20 hrs/wk

| 42% |

**For Assistance**

Occasions may arise when you have questions or are uncertain about a student or situation. Consultation is available through either of the following agencies:

**UWM Norris Health Center**

Counseling & Consultation Services

414-229-4716

**UWM Office of Student Life**

118 Mellencamp Hall

414-229-4632

**Community Resources**

- Alcoholics Anonymous 414-271-9119
- Al-Anon/Alateen 414-257-2415
- Department of Veterans Affairs 414-236-1301
- IMPACT Alcohol & Other Drug Abuse Services 414-236-4808
- Mental Health Association 414-276-3122
- Milwaukee LGBT Community Center 414-271-2056
- Milwaukee County Crisis Center 414-257-7222
- Milwaukee County Crisis Line (24/7) 414-257-7200
- Milwaukee HELP-STD Specialty Clinic 414-264-0800
- Milwaukee Women’s Center 414-272-6199
- Narcotics Anonymous 866-813-3837
- Overeaters Anonymous 414-259-0640
- Planned Parenthood of Wisconsin 414-230-7526
- Sexual Assault Treatment Center (SATC) 414-219-5555
- Sojourner Truth House 414-933-2722
- Task Force on Family Violence 414-276-1911

**Campus Resources**

- Academic Opportunity Center 414-229-4696
- African American Student Academic Services 414-229-6557
- American Indian Student Services 414-229-5080
- Be On The Safe Side (B.O.T.S.) 414-229-6568
- Career Development Center 414-229-4408
- Campus Financial Aid Office 414-229-4541
- Inl. Student & Scholar Services 414-229-4816
- Lesbian, Gay, Bisexual, Transgender Resource Center 414-229-1116
- Links Peer Mentoring and Outreach 414-229-6338
- Multicultural Student Center 414-229-5366
- Norris Health Center 414-229-4716
- Office of Student Life 414-229-4632
- Peer Mentoring Center 414-229-5083
- UWM Clinical Psychology Clinic 414-229-5521
- Roberto Hernandez Center 414-229-6156
- Southeast Asian American Student Services 414-229-5082
- Student Accessibility Center 414-229-6287
- Student Activities Office 414-229-5780
- Tutoring & Academic Resource Center 414-229-3726
- University Legal Clinic 414-229-1140
- University Housing 414-229-4063
- University Police 414-229-4627
- Women’s Resource Center 414-229-2032
- Writing Center 414-229-4339