



STRESS IN COLLEGE

Helping Students Thrive



Norris Health Center



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.

Typical Causes of Student Stress

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

In a recent UWM survey, stress was the most cited health-related factor impacting academic performance.

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%**
42% work more than 20 hrs/wk



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.

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

When stress becomes overwhelming, many students pursue counseling on their own. Yet, there are situations when students may be apprehensive or may feel ashamed of the need for extra support.

If you notice that a student's stress has become debilitating, what can you do?

- 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.

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

Campus Resources

Academic Opportunity Center	414-229-4696
African American Student Academic Services	414-229-6657
American Indian Student Services.....	414-229-5880
Be On The Safe Side (B.O.S.S.).....	414-229-6503
Career Development Center	414-229-4486
Financial Aid Office	414-229-4541
Intl. Student & Scholar Services	414-229-4846
Lesbian, Gay, Bisexual, Transgender Resource Center	414-229-4116
Links Peer Mentoring and Outreach	414-229-6338
Multicultural Student Center.....	414-229-5566
Norris Health Center	414-229-4716
Office of Student Life	414-229-4632
Peer Mentoring Center	414-229-5385
UWM Clinical Psychology Clinic	414-229-5521
Roberto Hernandez Center	414-229-6156
Southeast Asian American Student Services	414-229-5282
Student Accessibility Center	414-229-6287
Student Activities Office	414-229-5780
Tutoring & Academic Resource Center	414-229-3726
University Legal Clinic	414-229-4140
University Housing	414-229-4065
University Police.....	414-229-4627
Women's Resource Center	414-229-2852
Writing Center	414-229-4339

Community Resources

AIDS Resource Center of Wisconsin (ARCW)	414-273-1991
Alcoholics Anonymous.....	414-771-9119
Al-Anon/Alateen	414-257-2415
Department of Veterans Affairs.....	414-536-1301
IMPACT Alcohol & Other Drug Abuse Services	414-256-4808
Mental Health Association.....	414-276-3122
Milwaukee LGBT Community Center	414-271-2656
Milwaukee County Crisis Center.....	414-257-7222
Milwaukee County Crisis Line (24/7).....	414-257-7260
Milwaukee HELP- STD Specialty Clinic	414-264-8800
Milwaukee Women's Center	414-272-6199
Narcotics Anonymous	866-913-3837
Overeaters Anonymous.....	414-259-0640
Planned Parenthood of Wisconsin.....	800-230-7526
Sexual Assault Treatment Center (SATC)	414-219-5555
Sojourner Truth House.....	414-933-2722
Task Force on Family Violence	414-276-1911