College can be stressful. Part of the stress you experience at college comes from adapting to a new environment and expectations. Sometimes a little stress can be useful; it motivates you to focus and meet deadlines, but sometimes it can be excessive and damaging.

This type of stress can lead you to make poor decisions, such as engaging in a breach of academic integrity. It can also affect concentration and retention, leading to poor academic performance, and health (“Stress” 2017). In order to help you maintain good health, and meet your personal and academic goals, it is important that you recognize when you’re under too much stress, and to learn to manage stress pro-actively.

According to the Canadian Mental Health Association (CMHC), we feel stressed when we think that the demands of a situation outweigh our ability to handle that situation. The difference in people’s reactions to situations can be attributed to genetics, lifestyle habits, and coping strategies (Welle & Graf, 2011). Although you can’t change your genetics, you can work on changing your habits and coping strategies.

### Signs of Too Much Stress

- Increased worrying
- Change in sleep or eating habits
- Muscle tension or headaches
- Increase in emotional responses (ex. easily agitated or emotional)
- Difficulty with regular tasks such as doing assignments and going to class

### Understanding Stress
Habits and Strategies

Lifestyle Habits

- Get enough sleep
- Eat well and avoid junk foods
- Find time to practice a physical activity you enjoy.
- Avoid unnatural energy boosters
- Avoid relaxing with alcohol (Scott, 2010)

Academic Habits

- Take a time management workshop in the Tutoring Centre
- Take the time to apply new and effective study skills
- Speak to your professor to clarify their expectations
- Make an appointment with a Sheridan tutor for academic help

Coping Strategies

- Try not to overload yourself
- Be prepared to say no to non-essential activities
- Pursue hobbies and activities you enjoy (Scott, 2010)
- Try practicing mindfulness techniques
  (“Managing Your Academic Stress,” n.d.)
- Challenge negative thinking
- Seek support by talking to friends and family
  (“Managing Stress,” 2017)
- If stress is a persistent and overwhelming problem, seek support from Sheridan’s Counselling Services.

Resources

Tutoring

The Tutoring Centre offers tutoring at no additional cost to Sheridan students.

Visit the Tutoring Centre at:
- Davis – Room J104
- HMC – Room A118B
- Trafalgar – Room C113

Email: tutoring@sheridancollege.ca

Academic Integrity Office

Visit this office at any of the three campuses for support, resources, and information regarding academic integrity.
- Trafalgar – C151a
- HMC – A211
- Davis – J214L

Email: aif@sheridancollege.ca

Counseling Services

If personal issues are overwhelming, and keeping you from focusing on school work, seek help from Sheridan’s Counselling Services.

Davis: Room B230; Tel. (905) 459-7533 ext. 5400
HMC: Welcome Desk; Tel. (905) 845-9430 ext. 2528
Trafalgar: Room B104; Tel (905) 845-9430 ext. 2557

References


