

Leatherneck Family NEWSLETTER

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END OF SEMESTER STRESS



8 IN 10 COLLEGE STUDENTS EXPERIENCE FREQUENT STRESS.

-AMERICAN INSTITUTE FOR STRESS

WHAT ARE SOME TIPS FOR PARENTS WHO WANT TO HELP THEIR STUDENT/S NAVIGATE THIS STRESSFUL TIME?

"I would encourage parents, guardians or other family members to simply **pay attention to any changes in a student's emotional reactions or behaviors.** I would encourage them to acknowledge the student's concerns, validate their experiences and ask the student what they might need for support. If a student is concerned for a student, they can utilize the Leatherneck Care Referral which will alert the Student Development and Success Center to reach out to the student and offer campus or community resources," said Cerullo.

College students are often overwhelmed with a variety of stressors at the end of a semester. According to the American Institute for Stress (AIS), eight in ten college students experience frequent stress which can negatively impact their mental health.

Director of the Western Illinois University (WIU) Counseling Center Cara Cerullo also acknowledges that this time is challenging for students. "Many students become overwhelmed with their academic coursework at the end of the semester. Perhaps they have been struggling to keep up throughout the semester, and didn't realize the academic consequences with [sic] falling behind. This may lead to increased stress, resulting in sleep disturbance, appetite disturbance, isolation or withdrawal from others, among other symptoms."



- CARA CERULLO -
DIRECTOR OF
UNIVERSITY
COUNSELING
CENTER

NEXT PAGE...

Learn more about the sources of stress



RESOURCES AVAILABLE TO STUDENTS TO ADDRESS STRESS

- The University Counseling Center (UCC) is open and available to students over break, unless the University is closed. Students residing in the State of Illinois over breaks have access to either in-person or virtual counseling through the UCC.
- Those that reside out of state, can utilize TimelyCare. TimelyCare also offers 24/7/365 support through their TalkNow feature. These resources are free for students at Western.
- In addition, the University Counseling Center and TimelyCare have plenty of online, self-help resources available on their websites. If a student is feeling concerned for their safety, or having any suicidal thoughts, there is a national resource, 9-8-8, that can be utilized at all times.
- We encourage students to reach out to family, friends or other faculty/staff for support.
- The University Counseling Center offers a weekly, drop-in "Single Serving" in the Fox Room of the University Union on Thursdays from 3:30-4:30pm which may offer an opportunity for an introduction to coping skills (during the regular semester).
- We encourage students to connect with peers through academic, or social organizations or activities. A common place to find the right fit for support is through Leatherneck Link or the Office of Student Engagement.



ENCOURAGE
THEM TO REACH
OUT FOR
SUPPORT

- CARA CERULLO



WHAT ARE THE COMMON STRESSORS?

TimelyCare, a virtual health and well-being provider in higher education, provided a list of stressors that parents can look out for in their students:

Final exams - Side effects such as exhaustion, headaches, stomach issues, mood swings, loss of focus and feelings of powerlessness can result from this increase in stress during finals week.

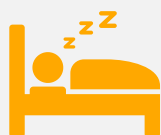
Transition - Freshmen or new transfer students may have struggled with adjustment to the college environment or struggled to create meaningful social connections.

Family separation - It can be challenging for students to focus when they are under pressure to perform well on important academic tasks like exams and assignments while they are home sick.

Financial concerns - Many students worry about not being able to pay for their studies and working to pay for college only adds to the stress.

Bullying and harassment - Nearly 1 in 3 (29%) college students report being victims of bullying. Women are more likely than men to be bullied. However, women undergo more psychological bullying such as being excluded or being rumored about, while men report being physically bullied.

Graduation - Getting ready for graduation causes feelings of loss and uncertainty, which can trigger anxiety and stress.



Seeking employment - Finding employment brings new stressors because of the application and interview processes, competition in the workplace, and even regret about their choice of study as the realities of the job market sink in.

Sleep Habits - Long-term sleep deprivation can lead to mood disorders, compromised immune systems, impaired focus, and poor memory, all of which increase anxiety in students and have a negative effect on their academic achievement.

Source: [Timelycare.com/blog/the-impact-of-end-of-semester-stress-on-student-health](https://www.timelycare.com/blog/the-impact-of-end-of-semester-stress-on-student-health)

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