

SAVING WIU STUDENTS FROM THE DANGERS OF STRESS



USA STRESS STATISTICS

87% of students experience stress during college per year
3 in 4 college students say emotional or mental difficulties have hurt their academic performance.
1 in 5 college students report feeling so depressed it was difficult to function
2 out of 5 students do not seek help

Jelencovic, Darko. "18 Eye-Opening College Student Stress Statistics." What To Become. What To Become. 18 Mar. 2020. whattochoose.com/blog/college-student-stress-statistics/. Accessed 11 Oct. 2020.
Kognito. "4 Ways That Investing in Campus Mental Health Pays Back." Kognito. 2018. kognito.com/blog/4-ways-that-investing-in-campus-mental-health-pays-back-infographic. Accessed 11 Oct. 2020.

WIU STRESS STATISTICS AND SOURCES

Only **696** out of **6,960** students get help
About **557** out of **6,960** students do not know where to get help when they need it
The **Academic Couch Service** and The **Academic Center** are available to help with stress management as well as The **Counseling Center** which has the **Fresh Check** program.

Nashir, Yousif. "Stress Management Interview with Dr. Potter" Western Illinois University. 1 Oct. 2020.
Western Illinois University. Total Student Enrollment, Western Illinois University. 2019. www.wiu.edu/WIUnrollment/2019spring/tse.php. Accessed 12 Oct. 2020.



SOULUTION TO SAVE WIU STUDENTS

Mandate students to go to a stress relief class/session once per semester.
Topics: causes of stress, how to manage the causes and the stress, and where to get more in-person and online aid.

About two hours or less in length.
Available for 2 hours every weekday throughout the whole semester.
Students need to make an appointment picking the day they want to attend.

Limited to 100 students unless authorized by administration or staff in charge of the session.

Nashir, Yousif. "Saving WIU Students from The Dangers of Stress" Western Illinois University. 12 Oct. 2020.

BENIFETS OF THE SOULUTION

Students will learn about the different support services WIU offers.
Students get the support they need without feeling judged by peers.
Students will do better academically increasing their chances of graduation.



First Place –
Yousif Nashir

Saving WIU
Students from the
Dangers of Stress
Infographic