SAVING WIU STUDENTS FROM THE DANGERS OF STRESS



USA STRESS STATISTCS

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 to the property of the state of the state

jacimovic, Darko, *18 Eye-Opening College Student Stress Statistics,* What To Become, What T Become, 19 Mar. 2020, whattobecome.com/blog/college-student-stress-statistics/. Accessed 1 0ct. 2020.

WIU STRESS STATISTCS 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.

2020. Western Illinois University. Total Student Enrollment, Western Illinois University, 2019.





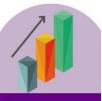
Nasher, Yousif, "Saving WIU Students from The Dangers of Stress" Western Blook University, 12 Oct, 2020

SOULUTION TO SAVE WIU STUDENTS

Mandate students to go to a stress reflect 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.

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