



Take the Time to Make Time: How to Avoid Stress

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There are only two things that are certain in college: there will be tests, and there will be stress. College is really a springboard for the rest of your life, so it is a perfect time to learn how to manage and cope with high-stress situations. On the other hand, a failure to learn successful stress-management techniques in college will most likely lead to a failure to cope with stress in the workplace as well. As you start your journey into college, there are a few things you can do that will help you deal with stress throughout your college experience.

Plan Ahead

First of all, you need to have a plan, which means that you should be looking at your schedule well ahead of time. While procrastinating is second nature, you should not procrastinate taking your harder classes until your last few semesters. Plan your schedule well in advance and try to schedule an even load for yourself throughout the four years. If you don't know what to take, your college has counselors that can help you decide what major is best for you and what classes will help you achieve your goals.

You should also plan your schedule on a day-to-day basis. Don't be afraid to say "No" when someone wants to go to the dunes or to the dance or to a movie. Cramming may be a popular study method, but it only leads to more stress. Be proactive about your schedule and you can study and still make time for fun.

In fact, you should plan to have fun. Remember that the way you act in college will mirror how you



act the rest of your life. Having fun is an important part of life that should not be left out altogether. Besides, the person who studies too much is setting themselves up to be a workaholic in the future. Not taking a break from studying will add unnecessary stress and will seriously detract from the overall enjoyment of your college experience.

Attitude

Perhaps the best way to deal with stress is simply to develop a positive attitude. Dartmouth University provides its students with seven steps to develop that positive attitude:

1. Be confident
2. Be positive
3. Be punctual
4. Be patient

5. Believe in yourself
6. Set goals for yourself
7. Get fun out of life

College is a time to have fun and develop relationships. It certainly is not just four years of studying. The key here is that you need to have a positive attitude that belongs to you. This is how you can be the person who has time to do homework, hang out with roommates, and even go on a date every now and again. You can be in control of your college life by developing your positive attitude.