

Tips for Reducing Academic Stress and Anxiety

1. Take a good look at your course load
2. Join a study group
3. Learn how to study more effectively
4. Get help from a peer tutor.
5. Utilize your professor as a resource
6. Make sure you always go to class
7. Reduce your non-academic commitments
8. Make sure the rest of your college life -- sleeping, eating, and exercise -- are in balance
9. Ask upper-class students for advice with difficult professors.
10. Know yourself: know and accept what kind of person you are, both your strengths and weaknesses
11. Know your limits: be realistic about what you can accomplish in a day
12. Take a deep breath: deepening you breath helps relieve physical signs of stress
13. Talk it out: don't bottle up your feelings
14. Utilize on-campus resources, see below

*Tips 1-9 retrieved from <http://collegelife.about.com/od/healthwellness/a/How-To-Reduce-Academic-Stress.htm>)

*Tips 10-13 retrieved from <http://www.lsus.edu/offices-and-services/student-development/student-support-services/guides-to-college-success/overcoming-academic-anxiety>)