

Session #3: Academic Anxiety & Time Management

**Understanding causes of anxiety and
how managing time is closely associated.**

**Presented by Nikki Christensen
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How Anxious is Too Anxious?

- Some level of anxiety before an important event is normal and can actually motivate
- Managing anxiety means that distressing symptoms may be reduced; it is not likely you will rid yourself entirely of anxiety
- Learning skills to reduce your anxiety should help bring it down to a more appropriate and manageable level.



Quiz: What's My Stress Level?

College Chronic Life Stress Survey...

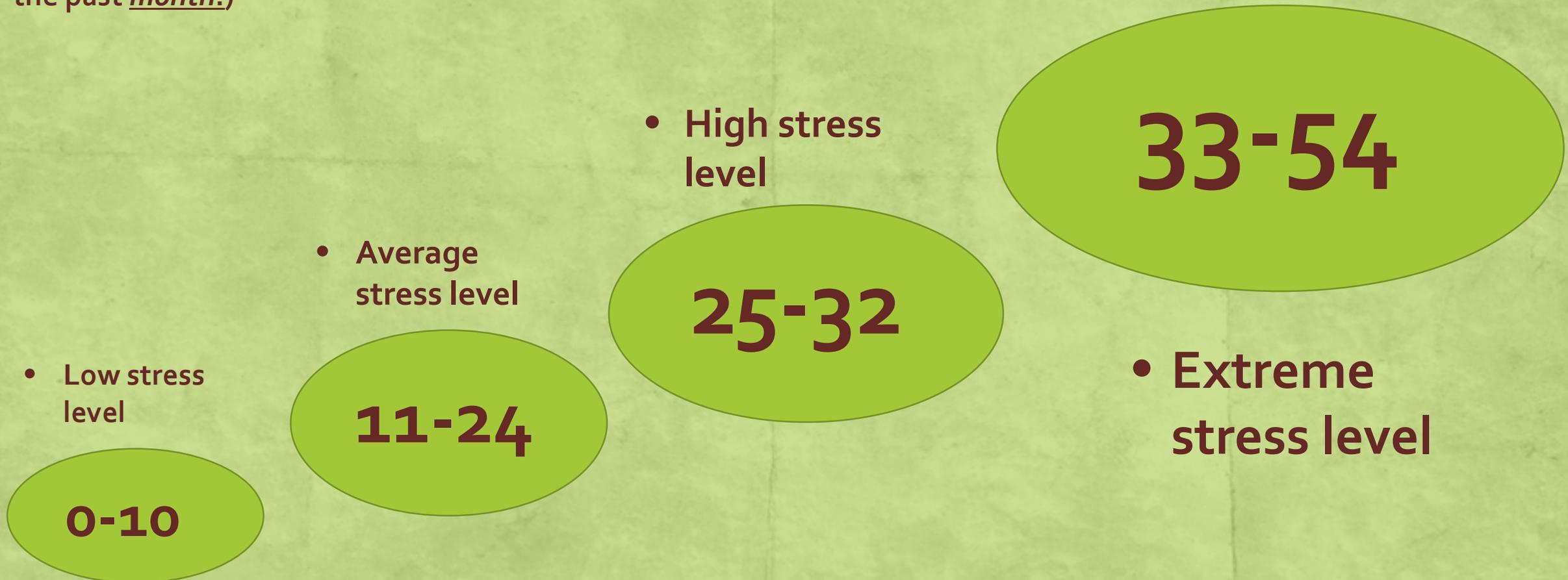
*Get into small groups of 3 or 4 people OR with a partner.
Take a copy of the quiz...

*Mark all items that have made you feel stressed, upset or worried on a regular basis.
(At LEAST 2-3 times a week for the past month.)

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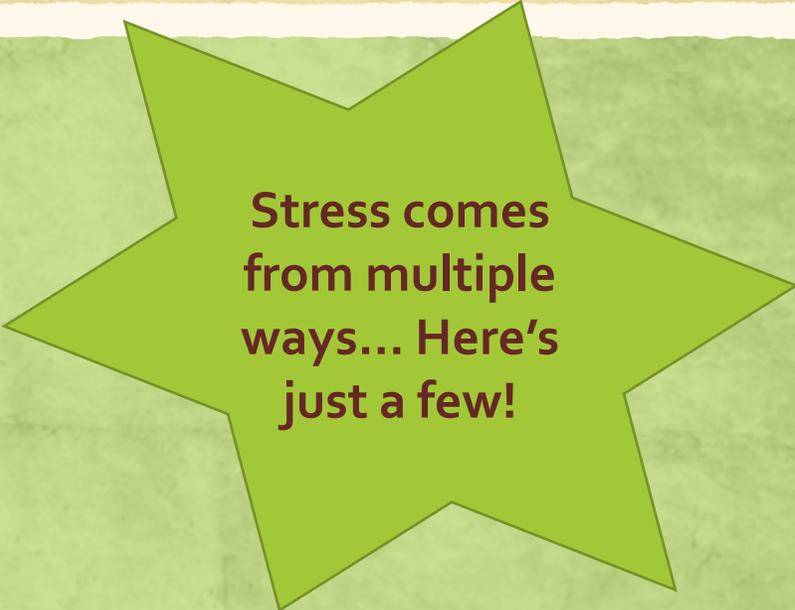


Where Do You Fall On This Scale

- **7-10 Major Panic Attack** All of the symptoms in Level 6 exaggerated; terror; fear of going crazy or dying; compulsion to escape
- **6 Moderate Panic Attack** Palpitations; difficulty breathing; feeling disoriented or detached (feel of unreality); panic in response to perceived loss of control
- **5 Early Panic** Heart pounding or beating irregularly; constricted breathing; spaciness or dizziness; definite fear of losing control; compulsion to escape
- **4 Marked Anxiety** Feeling uncomfortable or “spacey”; heart beating fast; muscles tight; beginning to wonder about maintaining control
- **3 Moderate Anxiety** feeling uncomfortable but still in control; heart beating faster; more rapid breathing ; sweaty palms
- **2 Mild Anxiety** Butterflies in stomach; muscle tension; definitely nervous
- **1 Slight Anxiety** Passing twinge of anxiety, feeling slightly nervous
- **0 Relaxation** Calm, a feeling of being undistracted and at peace

Where Does Anxiety Come From?

- High Standards or Expectations
 - External (parents) or Internal (self)
- Past Failures; Fear of Failing Again
 - Negative Test Experience
- Negative Feedback
- Lack of Preparation; Lack of Understanding or Poor Time Management
- Negative Self-Talk
- High Stress Lifestyle
- Biological Predisposition



Stress comes from multiple ways... Here's just a few!

So what's the connection between "stress" and time management?

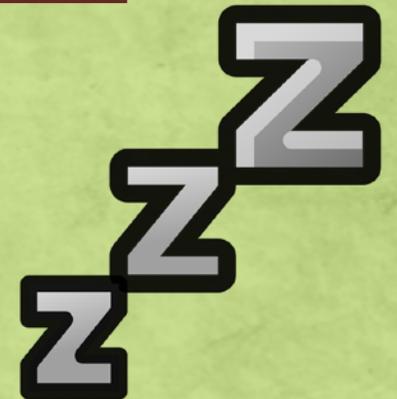
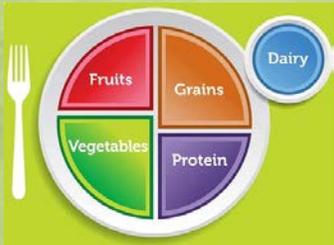


- Draw a personal "time management" quadrant on a piece of paper
- Label them like the diagram shown: 1) Important & urgent, 2) Important but NOT urgent, 3) Urgent but NOT important, and 4) NOT important OR urgent
- Get into small groups /or with a partner and make a list of 10-20 tasks that are done on a weekly basis
- Place each of your 20 tasks on the correct quadrant
- Discuss with your group/partner WHY you placed that task in that quadrant. Can it be moved to a different quadrant? Why or why not?
- Share with large group to discuss solutions to helping with time management, therefor lowering stress levels.

Keep a Healthy Routine



- Develop an exercise routine
- Develop good habits related to nutrition; don't skip meals
- SLEEP- most college students don't get enough sleep, and many don't realize the impact this can have on overall stress. 7-8 hours per night is recommended.



**Thanks so much!
See you Thursday for
Session #4**



Challenge for the day:

**Can you come back on Thursday with a “success story”
of how you plan to implement your new
“time management” strategies?**