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The Life Of A College Student With Anxiety

Why is it that once something great happens to you, it can turn out to be a total nightmare? That is what college has turned into. Getting accepted and attending college is supposed to be a joyous moment and the best four years of your life, but these days college students are forced to pay almost hundreds of thousands of dollars to attend college; they also have to work while trying to balance a heavy workload and still try to enjoy and have fun in life. Due to us having to balance and worry about so many different things in life has caused a great percentage of college students to have a serious case of anxiety. In Gregg Henriques's article, "What is Causing the College Student Mental Health Crisis?" and Jan Hoffman's article, "Anxious Students Strain College Mental Health Centers" they both are examining why college students have such high anxiety levels and how it effects them. Hoffman stated that nearly one in six students were treated for or diagnosed with anxiety within six months of starting college. More and more college students are suffering from anxiety for numerous of reasons and it is time that there is a solution to this problem.

A major issue that has and always will be a contribution to college students mental health problems will be the perennial economic and financial pressures. The reason why money has such a big impact on a students life is because it is a major necessity to not only attend college, but to just live. In the article "What is Causing the College Student Mental Health Crisis?" by Gregg Henriques, he states that, "More students must work to pay for their college education, tuition, and other costs are much greater thus there are greater levels of debt, and the jobs prospects are worse for emerging adults than they have been for a long time" (Henriques). Once

you begin college, you are viewed as an adult and when you are looked upon like that, you have to show adult actions such as getting a job, start to pay your own bills, and even pay for tuition and the loans you take out to attend college. Most students are used to their parents taking care of them financially, so when they are not there to help them anymore, the students become lost and overwhelmed. It is not surprising that a majority of college students have a bad case of anxiety or depression because when you have to stay up all night possibly writing a seven page essay, go to class the next day, go to work, and then have to worry about paying bills, you have no time to relax or even have a clear mind.

Not only do college students have to deal with financial pressures, they also have to deal with the pressure to succeed academically. Henriques also explained how “There has been massive grade inflation, especially at the high school level. That, combined with overprotective parenting, seems likely to have the result of creating in students the expectation that they will continue to get virtually all As” (Henriques). This is why it is very important that high school teachers give students their true grade instead of just passing everyone because now, once that 4.0 student comes to college, they will have a rude awakening and they will not be able to handle the fact that they received a B or lower. In the article “Anxious Students Strain College Mental Health Centers” by Jan Hoffman, interviewed a student that had received their first C ever in college and they felt that their life was falling apart and they could not handle that. This starts with the parents because of course they should have high expectations for their children but they should not force them to come home with a report card with straight As every time. I say this because it is not fair that college students are feeling less of a person just because they got a grade that was not an A. College students have enough to worry about and if they know they tried their best, no matter the grade they end with should not tear apart their life.

During my eighteen years of life I have witnessed and even dealt with some forms of anxiety and depression. Since attending Cal State Los Angeles, I have noticed a drastic rise in my anxiety. I have no idea where it came from and it bothers me a great amount because I feel like it hold me back from activities I want to take part in, in college. I have a feeling it comes from being so overwhelmed with school work and also trying to please my family because they are expecting a lot out of me. My financial status brings me anxiety too because I recently found out that there is a possibility that I cannot live in housing next year due to their being an overload of students, so that means that I will have to find a job quickly and begin saving up to rent out an apartment. If I cannot find a job or an apartment, I would possibly have to drop out of school and attend a junior college near my home because I am not from Los Angeles. I have also witnessed friends crumble when they received their first grade other than an A in college and some have even had suicidal thoughts because of that and because of the work overload. This is why CSULA needs to tend to their students and make sure mentally they are doing alright.

The anxiety college students suffer from is caused by financial stress, growing up, schoolwork, and even social media, but there needs to be a viable solution to these causes. The first solution to help get rid of anxiety is to just simply talk about it. When a student can speak to someone about their problems and just let all their feelings onto the table, that can clear their mind and take a great amount of stress off of themselves. We college students should learn to not always overload ourselves with many different things. College can get hectic at times but we need to know how to balance fun and schoolwork because those fun times can prepare someone for a stressful week at school. Thinking positive is a very important step when getting rid of anxiety because anxiety usually comes from thinking negatively and fear, but when someone always have a positive mindset and try to always look at the good in things, then that will

decrease their anxiety levels. Lastly, just breath because practicing your breathing and focusing on that can also calm down students anxiety levels and allow them to think more clearer. If the students suffering from these mental health problems follow these basic steps, they will become more open to finding help. But In order to make sure students are following these instructions to decrease anxiety, there should be mandatory anxiety workshops at least twice a year that allows students to come and express themselves and work on their anxiety.

College students anxiety levels are constantly rising due to all the pressure they have on themselves these days and their is a precise solution to solve this problem. College students have to make sure they take care of their school work and maintain a certain GPA to remain at that school, they have to work to pay for school and to live, and try to still have a social life. Everyone knows that college is not easy but it should not be so difficult to where it gives one in every six students anxiety or even gives a student suicidal thoughts. We college students pay a hefty amount to attend school and I believe before buying the basketball teams new uniforms, that money should go towards the students health and opening up anxiety or depression centers. Change needs to occur soon or a solution need to be found soon also because it is not fair that us college students have to pay thousands of dollars just to be mentally destroyed in the end.

Works Cited

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