Dealing with Stress
Advice from Students

Priyanka Working out or playing sports relieves stress. You should have incentives after your homework is done: go out, talk with a friend, read for pleasure, have fun. You could try a workshop on stress reduction offered by the Counseling Center.

Evelyn I work out to relieve stress. Before a test I practice breathing techniques. If I'm still anxious during a test I chew some gum.

Kamilah I read "Love Is ... " in the newspaper every day. It makes me smile.

Alana To control stress and remain positive, I call people in my family or my boyfriend. They'll usually talk to me and make me feel comfortable about any situation.

Teayonia I go to church, participate in positive activities, and surround myself with positive people.

Tyesa I stay in constant contact with my adviser...I also gain support from older students as well as my positive peers.

Terrell I play a favorite game or joke around with my friends. A good laugh can help relieve stress.

Sandra I study as much as possible until I have an adequate understanding. Then I don't think about my studies while I'm doing other activities.

Information from the University of Illinois at Chicago http://www.vcsa.uic.edu/MainSite/departments/ace/home/study_tips.htm