

Parent Connection

Parent Connection is brought to you by the Student Success Centre at the University of Regina. It will help you stay connected and informed about supports and events at the University of Regina.

Sources of Stress for Students and Ways to Reduce Stress



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Inside this issue:

Stress	1
UR Guarantee	2
Getting Involved— A Student's Perspective	2

It is that time of year, mid-terms are over, the weather has changed, finals are approaching, and students are facing some of the highest levels of stress! Stress is a normal part of the university experience. It is quite normal for students to tell friends and family that they feel behind, pressure to get good grades, and that they need to study more. Students that are able to successfully identify and create strategies to manage stress during their university years are more likely to handle stress in their careers and personal lives after they graduate.

We know that managing stress is one of the keys to a successful and enjoyable university experience, but what are the main sources of stress? I will present the most common sources of stress that I have seen at the University of Regina Counselling Services, as well as some solutions:

1. Adjustment to university. While this seems like an obvious choice, many students do not recognize all the supports they had in high school that were just there waiting to help them out. In high school, most students had teachers that would provide them with reminders about when assign-

ments were due and feedback as to how they were performing academically. In university, due to class size and instructor's time, this is not always possible. University professors are more than willing to help students out, if the student asks for the help. Office hours are a great time for students to clear up any questions about their course, as well as an opportunity for the student to get feedback about assignments or exams.

2. Lack of Healthy Habits. While pulling an "all nighter" may seem like a good idea at the time, 7-8 hours of sleep are generally required to be able to function as a student. Other common health habits that fall by the wayside during the semester include proper nutrition, exercise, and socializing. I always find it amazing that many students report making exercise, nutrition, sleep, and socializing a regular part of their daily lives when things are going well, but when mid-terms come around these are the first activities that they stop doing. Students that find a way to add healthy habits during the semester are much more likely to report manageable

levels of stress.

3. Trying to do it all. One of the biggest sources of stress I see from students is the belief that they should be perfect in every assignment or exam they write. The truth is, most students get better over the course of their university career and many students have found out just how much their grades can improve if they develop better academic skills. There are numerous programs and supports offered by the university that help students become better at being a student. Time management, note taking, research librarians, and writing support are just a few of the services offered to students. Best of all, many of these services are free to the student, the only cost is time!

The main point for each student to remember is that there is a lot of support offered by the University of Regina if they are feeling overwhelmed. There are numerous programs and supports put in place to help students manage stress and perform better academically, but it is up to each student to recognize they need help and to seek it out.

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UR Guarantee

The UR Guarantee Program complements students' degree program by enhancing their university experience and empowering them to achieve their educational, career and life goals. If students do not find career-related employment within six months of graduation and the completion of the UR Guarantee Program, then students can take another year of undergraduate classes for free (tuition and course fees covered).

Academic Success

Academic success is important because if your student isn't doing well in their studies, it can be difficult for them to maintain focus and motivation. It's important for students to understand the extensive financial and time

investment needed to complete a university degree.

We provide encouragement, recommendations and tips on how to become an efficient and successful student.

Student Engagement

Students who get involved on campus and meet other students and professors that have similar academic and personal interests will achieve higher levels of success through sharing ideas and gaining a larger perspective of the world. By getting involved on campus or attending campus sponsored events such as theatre productions, guest lectures, or intramural sports, not only are students getting credit in our program, they are letting their school spirit shine!

Service and Leadership

We encourage students to give back to the community either on or off campus. By doing so, they are taking what they are learning in the classroom and applying it to the greater world. Through service experience or by being in a leadership role, students are developing skills that will improve their chances of employment and assist them in becoming strong citizens. Joining the U of R Ambassador Team is a great way to begin this process!

At the UR Guarantee Office we meet with your student one-to-one at least three times a year to get to know them better, to help them set goals and provide guidance on how to meet those

goals. This Fall 2014 semester, UR Guarantee Students had the occasion to volunteer with Habitat for Humanity, visit 15 Wing Moose Jaw, and learn about Cree culture at Wanuskewin Heritage Park, just north of Saskatoon. Upcoming events include the UR Guarantee Winter Social, St. John Ambulance Therapy Dogs, and First-Year Fridays. If your student hasn't joined the program yet, it's not too late! They can sign-up here: www.uregina.ca/urguarantee/join

Coby Stephenson
UR Guarantee Advisor



Getting Involved —A Student's Perspective

Some students have difficulty finding the time or motivation for extracurricular activities, especially if they have jobs. However, in my opinion getting involved on campus helps ensure that students have the best university experience possible.

My parents have been very supportive of my involvement, and I have found all of the things I am a part of to be very rewarding. Right now, I am involved in the University's Concert Choir, Wind Ensemble, and Orchestra. I am also the Vice President of the Champion College Students' Union and the secretary of the Music Students' Association. I am part of the

Campion Connect Mentorship Program, the UR Guarantee Program, and I work as a student assistant at the Student Success Centre.

Even though I am a busy student with seventeen credit hour semesters and work, I have been able to fit all of these activities and studying time into my schedule. These activities and programs have helped me through my university career and help me make the most of my time here. Being involved, I have made new friends and new connections with people around campus. I have also gained valuable

knowledge on how to plan an event, how to connect with other students and the community, and the value of teamwork. From my experience, and from what I have learned from others, students should not only focus on academics, but they should also have an enjoyable university experience.

As well, I have found that many workplaces and scholarship applications ask what kind of activities students have participated in. They like to see that students have been proactive in the community and have balance in their lives.

While I am involved in many different activities, some students may want to get involved in just one or two things in order to maintain balance in their lives. There are many opportunities to get involved at the University of Regina, and many of them don't take up much time. I encourage parents to be supportive of their children and remind them of the importance to have fun and make great memories in university.

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