Five Stress Producing Situations for College Students

1. Separation from Family
   - Positive: A chance to gain independence and grow apart from the family.
   - Negative: Away from the positive support provided by the family.
   - Requires new bearings and establishment of new support systems.

2. Freedom
   - Few rules.
   - Many decisions, adjustment to own values, responsibility for own mistakes.

3. Competition
   - Competition for grades, grad school slots, jobs.
   - How much stress is it worth to reach my goals?
   - Much time spent alone working in isolation to reach goals.

4. Peer Pressure
   - Conflicts between your own values and wanting to be accepted by others.
   - Alcohol
   - Drugs
   - Partying
   - Studying
   - Sex

5. Choosing a Career
   - Choosing a career that is interesting but also provides a good income.
   - Satisfying your parents.
   - Wondering about the job market.