

# SUPPORTING A STUDENT WITH ACADEMIC STRESS

Stress is a necessary part of life. We cannot and would not want to eliminate all sources of stress. The student can, however, learn to cope more effectively with stressors by employing effective physical, behavioural and cognitive coping strategies.

Below are some coping strategies that you may find useful to share with the student:

## Physical Coping Strategies

1. Learn to relax.
2. Meditation
3. Regular exercise
4. Getting an adequate amount of sleep

## Behavioural Coping Strategies

1. Time management

Making a schedule of available time and prioritizing demands can put some sense of structure into a seemingly overwhelming semester.



2. Set realistic and achievable goals and to maintain a balance between academic, work, and social commitments.



## Cognitive Coping Strategies

3. Examine the thoughts and beliefs the student has about what is causing the stress.

Suggest the student to put the situation into its proper perspective which will in turn reduces the perceived danger that it poses.



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You may also  
be interested in:

Basic Helping  
Skills

Helping a  
Student in  
Distress

Last but not least, encourage the student to talk over his/her problems with a good friend or counsellor.

Discussing their problems with someone can greatly reduce the pressure they feel and provide them with valuable insight into the situation. You may suggest the student to approach Student Wellbeing Centre, which has professionally-trained counsellor to help them in coping with the demands of academic life.

