



Student Stress Action Plan

List all categories of stress that you rated with a “3” or higher using the **Student Stress Inventory**. Then break down the category to specifically identify the issue(s) that are causing anxiety. For each issue you list, brainstorm ways to alleviate that anxiety using your own techniques that have worked for you in the past and suggestions off of our **Student Stress Busters** handout. Then decide which one or two stress reduction ideas would be easiest for you to implement. Start with small, achievable goals.

Example:

Source of Stress:

Academic demands

- 1. Overwhelmed by work and getting it all done
- 2. Got an “F” on a calculus midterm

Action Plan

- 1a. Use a calendar to enter all of my due dates off the syllabus. Set due dates for goals, study times.
- 1b. Figure out when I am most alert and block those hours off for studying.
- 1c. Make lists of daily and weekly tasks with deadlines.
- 1d. Use alarms on the calendar to remind me when something has to be done.
- 2a. Review the test with the professor and/or the TA to see where I went wrong.
- 2b. Let the professor know I am having trouble to see if they can help me prepare for tests and explain things I don’t understand.
- 2c. Find a couple of students to study with.
- 2d. Go to the EOP office or tutoring center on my campus to get a tutor.

Source of Stress: _____

(from the Student Stress Inventory handout)

Specific stressors: _____

Action Plan: _____

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Specific stressors: _____

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