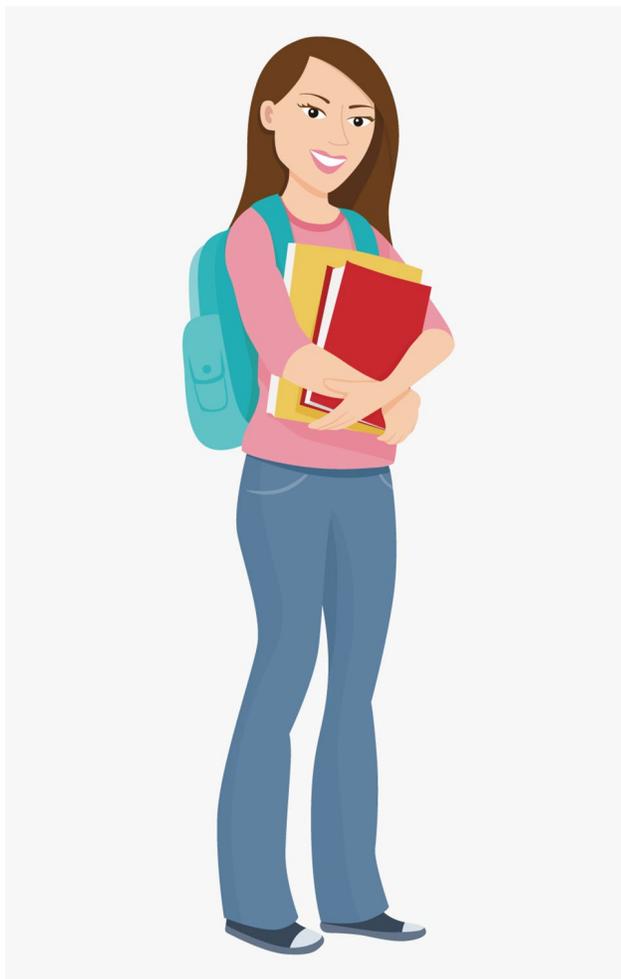




# Academic Anxiety

OCTOBER 5<sup>TH</sup>, 2021

Meet Sarah!

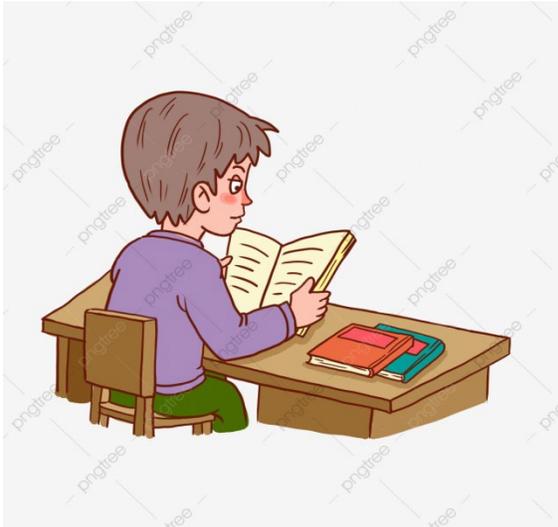


# Meet Sarah!

- Sarah is a first-year student at Wake Tech. The courses she's taking include:
  - ENG-111-Writing and Inquiry
  - MAT-171-Precalculus Algebra
  - BIO-111-General Biology I
  - PHI-240-Introduction to Ethics
- It's almost midterms and she has a lot of work due.

# Can Sarah Succeed in a College Environment?

- Sarah has been out of school for many years.
- She has struggled with math and writing in the past.
- She works part-time and she has two young children.



# Can Sarah Succeed in a College Environment? YES!

- She will need to practice:
  - Time Management
  - Mindfulness
  - Prioritization of tasks
- We can help!-Wake Tech ILC, counseling center

# Make a Calendar!

2	3	4	5	6	7
			Bio Test	ENG Paper	
9	10	11	12	13	14
	Ethics Discussion board		Math Quiz		
16	17	18	19	20	21

# Using the calendar to plan your studies

- What should Sarah do to plan for the next week?
  - Focus on what's due first, first
  - Break tasks down into manageable chunks
  - Work on some chunks of each assignment
  - If you can, finish one task before starting another

# Saturday October 1<sup>st</sup>

- Get started on paper-brainstorm, research, write beginning.
- Take a break
- Study for bio-plan what you will focus on when
- Book appoints for ILC, counseling center, or with instructor as soon as you can.

# Sunday October 2<sup>nd</sup>

- Do more work on the paper-Finish rough draft
- Take a break
- Study for bio-focus on a different topic

# Monday October 3<sup>rd</sup>

- Look over bio notes-focus on a different topic
- Go to work
- Work on essay-revise and edit
- Go to bio tutoring appointment at ILC

# Tuesday October 4<sup>th</sup>

- Study for bio-revisit topics you have already studied
- Go to work
- Review your paper and make improvements
- Get a good night sleep

# Wednesday October 5<sup>th</sup>

- Complete a final review bio notes-don't cram!
- Take Bio test
- Finish up paper
- Go to ILC writing appointment to discuss paper

# Thursday October 6<sup>th</sup>

- Turn in essay
- Go to work
- Begin plan for studying for math
- Look at other ethics discussion board entries for ideas

# Friday October 7<sup>th</sup>

- Study for math
- Brainstorm ethics discussion board
- Go to counseling center appointment to discuss anxiety.

# Saturday, October 8<sup>th</sup>

- Study for math-focus on a different topic
- Write a rough draft of ethics discussion board
- Go to online ILC math appointment

# Sunday, October 9<sup>th</sup>

- Study for math-focus on a different topic
- Revise and edit discussion board entry
- Look ahead to upcoming English and bio assignments

# Monday, October 10<sup>th</sup>

- Review math topics
- Go to work
- Make biology study plan

# Tuesday, October 11th

- Review math topics
- Go to work
- Begin studying for future biology test
- Get a good night sleep

# Wednesday, October 12<sup>th</sup>

- Take math test
- Begin planning for future English paper
- Study for bio-focus on a different topic

# Success!

- By following this schedule, Sarah did well on all of her assignments



# A few more tips for dealing with anxiety

- While time management helps reduce anxiety, here are some other strategies to consider.

# Anxiety on exam days

- Make sure to eat before the test
- Get a good night sleep
- Study in advance
- Don't cram

# Focus on the present-Mindfulness

- If you think of things you need to do, write it down so that it doesn't distract you.
- Try to find a place that is comfortable to you.
- Take breaks to catch your breath
- Speak positively to yourself- "You can do this" "Just one more thing to do."

# Outside of your studies

- Managing your time can help with anxiety
- Plan out multiple presentations
- Maintain work/life balance.