Stress and engagement in HBO students

What kind of stress symptoms do students experience?

- Feeling drained
- Sleeping problems
- Not being able to think
- Being tense
- Being very emotional
- Feelings of fear
- Depression
- Headache
- Worrying
- Fatigue

What are the biggest stressors for students during their time as a student?

<table>
<thead>
<tr>
<th>Stressors within study</th>
<th>Stressors outside of study</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uncertainty</td>
<td>Combining study, work and social life</td>
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<tr>
<td>Contact and communication with teachers</td>
<td>Pressure/expectations of others and themselves</td>
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<tr>
<td>Challenges in partnerships</td>
<td>Relationship with parents, friends, partner</td>
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<tr>
<td>Exams and deadlines</td>
<td>Personal circumstances such as care responsibilities, illness, death</td>
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</tbody>
</table>

What can help you deal with stress during your time as a student?

<table>
<thead>
<tr>
<th>Personal resources</th>
<th>Study resources</th>
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<tbody>
<tr>
<td>Searching for a distraction: hobbies, such as sports, making music, doing something creative.</td>
<td>Support from fellow students/friends</td>
</tr>
<tr>
<td>Social support family/friends</td>
<td>Taking a rest</td>
</tr>
<tr>
<td>Personal handling of stress: optimism, putting things into perspective, accepting stress, asking for help</td>
<td>Being disciplined / Being able to plan well</td>
</tr>
<tr>
<td>Engagement through hobbies</td>
<td>Engagement through study</td>
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</table>

What can you do to reduce (study) stress? Tips from students:

- **Stay positive**
  - If, in advance, you already think that you can’t do something, then you won’t do your best and there is a greater chance that you won’t be able to do it.

- **Start on time**
  - Don’t do everything last minute. Prepare yourself well, start studying and doing assignments on time. That’s how you avoid resits.

- **Ask for help**
  - Make sure to ask for help in time if you need it. It can help to talk to fellow students, an academic adviser, a student counsellor or a university psychologist.

- **Make a planning schedule**
  - Planning is important. The overview of a plan gives peace of mind. You don’t have to stick to every detail; you can adapt it as you go along.

- **Work in a targeted manner**
  - Keep in mind the final goal you’re studying for.

- **Make sure to have an outlet**
  - Find yourself an outlet.

- **Reward yourself**
  - Reward yourself after hard work.

- **Ask questions**
  - Don’t be afraid to ask questions.

Recent studies show that students increasingly suffer from psychological complaints, including a high degree of (study) stress. If stress persists for a long time, it can have negative consequences for your health and can lead to a burnout, for example. A possible buffer against stress and a positive counterpart of a burnout is engagement. This infographic contains the most important results of a study into stress among students.¹