

# OUR GENERATIONS OF STRESS: STRESSORS & CONCERNS OF OUR STUDENTS

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# Ground Rules

- This presentation highlights **national trends**, as shown in sociological and educational research. This does not mean that every member of this generation of college students faces every single stressor listed.
- While engaging in discussion today, keep statements broad enough so as to **respect the privacy and guard the identities** of your students.
- **Participate!** The dialogue and conversation during this overview and the panel discussion will help our guest presenter adapt his presentation of the ACT Matrix materials.
- **Don't dominate** the discussion; make sure that every audience member has the opportunity to share.
- This presentation couldn't possibly serve as a comprehensive, end-all-be-all presentation about the state of our students. This is a **starting point** for further conversation and learning.
- All of us, across all roles and divisions of this university, **serve \*and\* support** students.

# Our Students' Stressors: National Trends

## Social & Psychological

- Cyberbullying
- Being unable to disconnect
- Depression and risk of suicide
- Diversity and multiculturalism
- Political instability and distrust
- Global insecurity
- The big letdown (fear of failure)
- Increased diagnoses of ADHD, autism, and anxiety

## Academic

- Finding academic or career purpose
- Misaligned learning and teaching styles
- Development of “bad” habits
- Poor time management
- Lack of basic skills
- ‘Soft’ skills challenges
- Lack of awareness of skill sets
- Distrust of so-called authorities
- Expectation of customized experiences or curricula

## Home, Family, & Life

- Homesickness
- First generation college student
- Changing family dynamics
- Helicopter parenting worsens
- Social media culture
- FOMO (Fear of Missing Out)
- Technological leaps
- Global concerns develop over their lifetime (climate change, scarcity, and overpopulation)

## Financial

- Ever-increasing costs of higher education
- Inevitability of student loan debt
- Uncertain job market
- Changing job market
- Part-time employment
- Pay gaps (especially between men and women earners)
- Corporate distrust
- Wealth inequality and widening class divisions

## Health & Wellness

- Instances of sexual harassment and sexual assault (#MeToo)
- Engaging in risky sexual behaviors
- Equality and campus climate
- Obesity
- Under-eating or inconsistent nutrition
- Sleep habits
- Alcohol use and binge drinking culture
- Drug use

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