

Our Generations of Stress: Stressors & Concerns of Our Students

Social & Psychological			Academic			Home, Family, & Life			Financial			Health & Wellness		
Cyberbullying	Y	N	Finding academic or career purpose	Y	N	Homesickness	Y	N	Ever-increasing costs of higher education	Y	N	Instances of sexual harassment and sexual assault (#MeToo)	Y	N
Being unable to disconnect	Y	N	Misaligned learning and teaching styles	Y	N	First generation college student	Y	N	Inevitability of student load debt	Y	N		Engaging in risky sexual behaviors	Y
Depression and risk of suicide	Y	N	Development of "bad" habits	Y	N	Changing family dynamics	Y	N	Uncertain job market	Y	N	Equality and campus climate	Y	N
Diversity and multiculturalism	Y	N	Poor time management	Y	N	Helicopter parenting worsens	Y	N	Changing job market	Y	N	Obesity	Y	N
Political instability and distrust	Y	N	Lack of basic skills	Y	N	Social media culture	Y	N	Part-time employment	Y	N	Under-eating or inconsistent nutrition	Y	N
Global insecurity	Y	N	'Soft' skills challenges	Y	N	FOMO (fear of missing out)	Y	N	Pay gaps (especially between men and women)	Y	N	Sleep habits	Y	N
The big letdown (fear of failure)	Y	N	Lack of awareness of skill sets	Y	N	Technological leaps	Y	N				Corporate distrust	Y	N
Increased diagnoses of ADHD, autism, & anxiety	Y	N	Distrust of so-called authorities	Y	N	Global concerns develop over their lifetime (climate change, scarcity, and overpopulation)	Y	N	Wealth inequality and widening class divisions	Y	N	Drug use	Y	N
			Expectation of customized experiences or curricula	Y	N									
I've seen:			I've seen:			I've seen:			I've seen:			I've seen:		