Micah Green, First year at UIC business major I handle stress by avoiding what's stressing by waiting til the deadline or try not to think about it

Xiao Chen last semester at UIC computer science major. 1 thing handle stress is writing down things that bother me and throwing away the paper

Micayla brent forensics science something I do is go to the gym and work out

Nayeli, I am a freshman majoring in criminology. I go to the gym and listen to Christian music and pray

My name is Sania I am a sophomore studying computer science one way I handle stress is by sleeping it off

**Charlotte:** How to make sure you don't get overworked or burnt out?

**Micayla:** Be off campus, school is the root of my stress so getting away is helpful

**Charlotte**: Where do you like to go?

**Micayla:** Random places, I like to go to Chinatown because its chill, especially during the summer

**Charlotte:** Anybody can chime in

**Safiya:** I like to do retail therapy, and go out into nature. Is there anyone that can relate that way?

**Micayla:** Shopping for food

**Charlotte:** Someone mentioned writing it down

**XIAO:** After I write it down, I throw it away. I like shopping too. I leave the tags on clothing. Sometimes I think I need that item. I also buy a lot of food I don’t need.

**Charlotte:** What do you do with the food?

**Xiao:** I give it to my mom or my family

**Micah:** When I start to feel burnt out. I take away one day to relax and not fixate on work for that one day

**Charlotte:** I had a feeling that my work was going to be stressful today. Yesterday I spent some time with my brother

**Sania**: Sleep is one of them, it helps to get rest. Not thinking about school. Like driving somewhere, or reading, I avoid work. I get at least a mental break for that time. Planning everything out helps me, having all the deadlines ahead

**Charlotte**: Do you plan day by day or hours?

**Sania**: Day by Day. I can't do hours

**Charlotte**: What's something you look forward to this week?

**Micah**: Date night for valentines day is happening in my building

**Charlotte**: I'm excited for valentines day. Not doing homework

**Charlotte**: Goals? What's something you look forward to?

**Micayla**: Friday because it's the end of the week

**Charlotte**: Do you have weekend plans

**Micayla**: Not really but after this week I'll be able to relax

**Micah**: Superbowl Sunday

**Charlotte**: As we start getting into our main questions, how much would you say school contributes to your stress levels?

**Sania**: Main source of stress for me

**Micah**: Since I'm not working school is the main stressor for me

**Xiao:** same, last week I tested positive for COVID so I wasn't able to do any work. I need to catch up since I missed a whole week. I'm really stressed

**Xiao**: How could I let the professor know not to give so many projects at the same time? They don't listen

**Charlotte**: Tell me a time when you felt the most stressed. How did you handle that?

**Micah**: In week 3 I had to do a speech for my communication class I felt stressed because you're not supposed to read your note cards To help manage that stress I practiced by myself Did a breathing exercise to control and not fixate on everyone looking at you.

**Micayla**: Last semester was a hot mess. I don't remember what was going on I remember having 6 assignment days in 3 days I pulled all-nighters I couldn't even tell you what happened that week. My way of dealing with it was just to stay awake and keep pushing it

**Charlotte**: Micayla if you don't mind me asking did RA add stress to your responsibilities?

**Micayla**: Possibly, It was very tricky

**Charlotte**: can anybody speak about the last time you spoke to someone about stress?

**Micah**: This weekend I went home I was with my mom she asked me how things were going I was like it's been a lot I have more work this semester than last semester

**Charlotte**: How did you feel coming out of that conversation

**Micah**: I felt like she understood but I still feel stressed because she couldn't make my assignments go away

**Safiya**: Do you feel encouraged to deal with stress after talking?

**Micah**: No for me having motivation comes internally Im motivated by putting myself in the mental state and once

**Xiao**: For me, I try to when I have assignments I try to start early. When I was 141 I stayed overnight for office hours. When I start early I have more time. For me, i don't like to talk about stress with my family because they don't understand . my mom just tells me I'm a student to just study. So it doesn't really help whenever I talk to her she just complains about her life.so I just say I'm fine. When I have homework I just review it and do it little by little. When I get something done I feel better.

**Charlotte**: What are your guys’ opinions on therapists? Are they helpful?

**Xiao**: I wouldn't go because you have to find time to talk to them. But the stress is still there so I try to deal with it myself

**Micayla**: I agree, when I tell someone about the stress I feel more stressed because I could be doing get things done. I'm really busy. I wouldn't consider therapy

**Sania**: Sometimes my friends are bound over stress. Sometimes there's some motivation. Last semester was really rough and it was nice having other people there having that support system if you need to talk to someone it can help with the stress a little

**Charlotte**: The way I made my friends was by bonding over stress

**Charlotte**: Is it safe to assume you guys don't have a therapist?

**Charlotte**: Are your guy's needs met without a therapist?

**Sania**: I would say yes. For a therapist you have to pay money, Id rather suffer alone

**Charlotte**: If there were resources for free therapy? Would you use it?

**Sania**: I think it depends on the stress, a personal or friendship matter it would be helpful because you want an outside perspective/. But for school, I wouldn't use it.

**Micah:** I wouldn't use it because they would tell me what I already know it wouldn't add anything. On things that are more personal, it'd be helpful to have someone to vent to.

**Charlotte:** What are other cases you guys think you would use a therapist?

**Micayla:** Trauma maybe,

**Charlotte:** if you were in a situation where you were looking for a therapist. What would you like in a therapist?

**Micah:** I would want someone whos also female and my race because it will allow them to see from a similar perspective. If I talk about a situation where I was discriminated against they wouldn't understand. Someone who challenges me and guides me through instead of just letting it sit

**Sania**: I would also like women too because they would understand me. A recommendation too. I think it could go both ways because you would trust a friend's recommendation but that friend would also know things about your personal life if something slips

**Micayla**: I've never had a therapist so I can't say but. Look at reviews like ratemyprof.

**Charlotte**: Do you feel like u guys would prefer online or in person?

**Sania**: In person, because it's easier to get points across, has a better sense of bonding feels more comfortable in the situation. It's also hard in person because you have to travel there

**Micah**: I would prefer in person because you can't control what's going on in the background when it's online. I wouldn't want to have a therapy session with things going on in the background and it would make me feel less open and less honest.

**Charlotte**: Do you have stress management strategies you guys have?

**Sania:** One I thought about is being around people, and family having a nice environment makes a huge difference people around you have your back

**Micayla**: picking a time during the week to do things with someone else, it's nice to not have to think about school

**Charlotte:** Anything else you guys would like to share? Stop recording here.