Summary of Sources

Ross establishes a basis for studying stress management among the college demographic, using basic types of stress such as academics, changes, in residence, sleep pattern change and otherwise adaptation to academic culture. Resists including CC students in their analysis.

Ross, S. E., Niebling, B. C., & Heckert, T. M. (1999). Sources of stress among college students. *Social psychology*, *61*(5), 841-846.