Summary of sources

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

Major sources of stress include interpersonal, intrapersonal, change in sleep, vacations.

Academic and environmental sources of stress

Misra, R., & McKean, M. (2000). College students' academic stress and its relation to their anxiety, time management, and leisure satisfaction. *American Journal of Health Studies*, *16*(1), 41.

Gender is a factor in research; Male stress is reduced better via leisure, females possess better time management, but possess higher anxiety. Older students felt less impact from stress. Stress is predictable via time management, anxiety and leisure satisfaction. Anxiety reduction and time management may be an effective cocktail to reduce overall stress.

Misra, R., McKean, M., West, S., & Russo, T. (2000). Academic stress of college students: Comparison of student and faculty perceptions. *College Student Journal*, *34*(2), 236-246.

Faculty believe students are more stressed than the classroom than students report. Mismatch between how we perceive student stress and how they experience it.

Macan, T. H., Shahani, C., Dipboye, R. L., & Phillips, A. P. (1990). College students' time management: Correlations with academic performance and stress. *Journal of educational psychology*, *82*(4), 760.

Time management is major solution for stress reduction, offered multiple factors in effective time management.

Mena, F. J., Padilla, A. M., & Maldonado, M. (1987). Acculturative stress and specific coping strategies among immigrant and later generation college students. *Hispanic Journal of Behavioral Sciences*, *9*(2), 207-225.

Those least acculturated to American culture felt the most stress and benefited the most from coping strategies that included discussion and processing their experiences via discussion.