Sources of stress and effective stress management among community college students in southern California

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Contents

[Abstract 1](#_Toc444670275)

[Introduction 2](#_Toc444670276)

[Literature Survey 2](#_Toc444670277)

[Design of experiments 3](#_Toc444670278)

[Summary of data 4](#_Toc444670279)

[Analysis 5](#_Toc444670280)

[Conclusion 6](#_Toc444670281)

[Bibliography 7](#_Toc444670282)

# Abstract

# Introduction

# Literature Survey

Within the most cited articles on stress research, gender plays a strong role in classifying students and their stress management. Time management and talk therapy also play strong roles.

Major sources of stress include interpersonal, intrapersonal, change in sleep, vacations. (Ross, 1999) 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. &., 2000) Time management is major solution for stress reduction, offered multiple factors in effective time management. (Macan, 1990)

Faculty believe students are more stressed than the classroom than students report. Mismatch between how we perceive student stress and how they experience it. (Misra R. M., 2000)

In the American immigrant experience, 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. (Mena, 1987)

# Design of experiments

# Summary of data

# Analysis

# Conclusion

# Bibliography

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