Strategies for Solving Change Related Stress

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# Abstract

# Introduction: Setting the Stage

# Prior Work / Literature Survey

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, 1999)

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# Design of Our Experiment

# Discussion of Findings

# Summary Conclusion

# Questions for Future Research

# Bibliography

Ross, S. E. (1999). Sources of stress among college students. *Social psychology 61(5)*, 841-846.