



# Under Pressure and Overwhelmed: Coping with Anxiety in College

*Christopher Vye, Kathlene Scholljegerdes, I. David Welch*

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Several recent studies have found that anxiety is increasing among college students. In today's competitive college environment, students frequently find themselves overwhelmed with worry and anxiety as they struggle to make the grade academically, fit in socially, discover who they are, and ponder their futures. This book helps students (and their parents and counselors) deal effectively with predictable anxieties associated with college. The authors offer suggestions and techniques, based on extensive research on the treatment of anxiety, to help students cope more effectively with the common sources of anxiety. In addition, the book describes the most common and debilitating disorders of anxiety, such as panic attacks, phobias, and obsessive-compulsive disorder, that affect more than 10% of Americans and most frequently have their onset during the college years.

The initial section of the book begins by describing the scope of the problem of anxiety as it relates to college students. The next section discusses the nature of anxiety reactions, noting the contribution of factors such as biological predisposition and developmental factors. Finally, the third section provides general strategies for managing anxiety such as doing relaxation exercises, challenging negative thoughts and perspectives, and facing fears. Vignettes about college students dealing with anxiety are included throughout.

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