

Seven stress producing situations for students in college and summer internship experiences

1. Separation from Family

- Positive: A chance to gain independence and grow apart from the family.
- Negative: Away from the positive support provided by the family.
- Requires new bearings and establishment of new support systems.

2. Freedom

- Few rules.
- Many decisions, adjustment to own values, responsibility for own mistakes.

3. Competition

- Competition for grades, grad school slots, jobs.
- How much stress is it worth to reach my goals?
- Much time spent alone working in isolation to reach goals.

4. Peer Pressure

- Conflicts between your own values and wanting to be accepted by others.
- Alcohol, drugs
- Partying vs. studying
- Sex

5. Choosing a Career

- Choosing a career that is fulfilling but also provides a good income.
- Satisfying your parents.
- Wondering about the job market.

6. Entering the professional work environment

- 9-5 work day, having a supervisor
- Deliverables in short time frame (paper, poster, talk)
- Inspiring/ intimidating work place
- Peer pressure to excel

7. Living in Boulder

- Culture shock
- Living arrangements (room mates)
- Adjusting to food/ shops/ recreation options