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
   - Party 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

Adapted from: Stressful Situations http://ccvillage.buffalo.edu/Village/WC/wsc/outlines_and_handouts/