

## THE ANXIOUS STUDENT

Danger seems to be everywhere for the anxious student, but some students will have difficulty identifying the exact sources of their fears. According to national epidemiological statistics, anxiety, phobia, and panic conditions are the most prevalent form of mental disorder. Low self-esteem, unreasonable self-expectations, and poor coping skills are strongly associated with anxiety. Long-term exposure to stressful life situations such as abuse, violence, or poverty is thought to increase susceptibility to these disorders. These students often have trouble making decisions.

### **DO:**

- Let them discuss their feelings and thoughts. Often this alone relieves a great deal of pressure.
- Reassure when appropriate.
- Remain calm.
- Be clear and explicit.
- Recommend that the student consult with a trained professional at the Counseling Center about their anxiety.

### **DON'T:**

- Make things more complicated.
- Take responsibility for their emotional state.
- Overwhelm with information or ideas.

\* Adapted from: Helping the Emotionally Distressed Student. Organization of Counseling Center Directors in Higher Education; 1999