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Life as a College Student

By Autum Poston

Many students enter college expecting good times, knowledge, friendships, and a new sense of direction. They soon find out that college comes with challenges and struggles because of the great demands and expectations that are put on the importance of education. College students experience a great deal of stress, especially when they are trying to balance a full-time job, raise children, and have a social life. The demands of doing many different things with very little time can become overwhelming.

Working full time and having other obligations can leave a college student physically and mentally exhausted. There are several students who work full-time jobs and attend college full time as well. Still others work late and get up early in the morning trying to fit all the required tasks of school and work into one day. Students often find they are more exhausted when they are trying to schedule tasks, because there just does not seem to be enough time in one day. Putting in long hours and worrying about class schedules adds an abundant amount of stress to a student's life.

Students who have children are faced with guilt about not being able to spend time with their children. Not only does college take an abundant amount of time but so do children. Children come with needs such as help with homework, preparation of dinner, and the need to be tucked into bed at a certain time. The thought of not being able to keep up with the responsibilities of a child is very stressful and can be depressing to both the child and parent.

College students find very little time to enjoy extracurricular activities. Even if they attend any major school functions or games or date, they will regret not getting that term paper done that was due the following day or week. Many students begin to feel pressure that often leads to depression and social isolation. The fear of being a failure and of not measuring up to someone's expectations adds more pressure to the sleep-deprived, stressed-out student.

College students are often left with no personal time and must learn to manage jobs and families. College has many rewards if students do not get burned out and give up too soon. The pressure and time management can all be worked out with patience and lots of understanding from family and friends.