

FACT SHEET • COLLEGE

Helping Your Young Person Manage Pressure

College years bring real pressure: exams that matter, decisions about what comes next, work, money and a social life. Some pressure is useful; it focuses the mind. The job is to help your young person notice when it tips from useful into overwhelming, and to know what to do about it. These five tips are the ones that help most.



TIP 1

Ask, do not assume

What looks like stress about exams is often something else entirely. Start with a question rather than a solution.

TIP 2

Break the mountain up

Overwhelm comes from looking at all of it at once. One subject, one afternoon, one task written down. That is where progress starts.

TIP 3

Keep the basics running

Sleep, food, daylight and some movement are not extras. When pressure rises they are the first things to go and the first things to restore.

TIP 4

Separate worth from results

Be clear, out loud, that your view of them does not change with a grade. That one sentence takes a surprising amount of weight off.

TIP 5

Name the next step, not the whole future

Decisions about the future feel final at this age. Talk about the next step only, and about how many routes lead to the same place.