

# **Student Essay on Stress**

## **Stress**

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# Essay

There are many different things that can add stress to are everyday life. I am a first year college student with the hopes of getting a decent job sometime in the near future. A major part of my stress has to do with school and my future.

When I first came in to college I didn't really know what to expect. It was the total opposite from what I was used to in high school. I wasn't the size of the school or the kids, but the amount of homework you have to get done. Some weeks I get so stressed out because I don't know if I can keep up with it all. I'm sure once I get through the first semester I will be able to handle it a lot better, and not be such a procrastinator.

Another thing that's hard to think about is what do I want to do with my life, and what an I capable of doing. I am still in the process of trying to figure out a major and that is really a tough thing to do.

I think that there is probably no sure decision in life, and the only sure way to deal with the stress is to try everything with optimism and just go with what you like. I am a pretty laid back person, and I don't let to many things get to me, but my future is one thing I cant help but think about from time to time. I think stress is kind of a good thing sometimes when it helps you get things done or to do a better job on something.