

Stress in Excess: Stress Management at WPI

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Abstract

Stress has been shown to be prominent in undergraduate students by studies such as Your First College Year. The solution at WPI is an Insight program designed to teach freshmen to manage their stress. Awareness should be raised about campus resources, such as the Student Development and Counseling Center. This will result in a student population that is able to cope with its stress.

Why Stress is Bad: The Symptoms¹

<u>Physical</u>	<u>Emotional</u>	<u>Relational</u>
Sleep Disturbances	Memory Problems	Increased Conflicts
Fatigue	Lack of Concentration	Isolation
High Blood Pressure	Anxiety	Violence

Stress Management Strategies¹

Progressive muscle relaxation

Exercise

Sleeping routine



Healthy eating habits

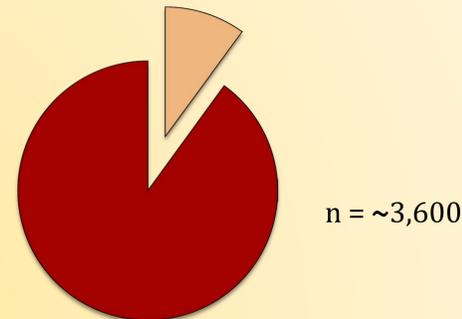
Talk it out

Meditation

Student Development and Counseling Center (SDCC)

- Offers counseling, workshops and strategies to cope with stress¹
- Challenges: stigma attached to counseling, off-campus location, little awareness of services¹

10% of WPI undergraduates utilized the SDCC last year¹



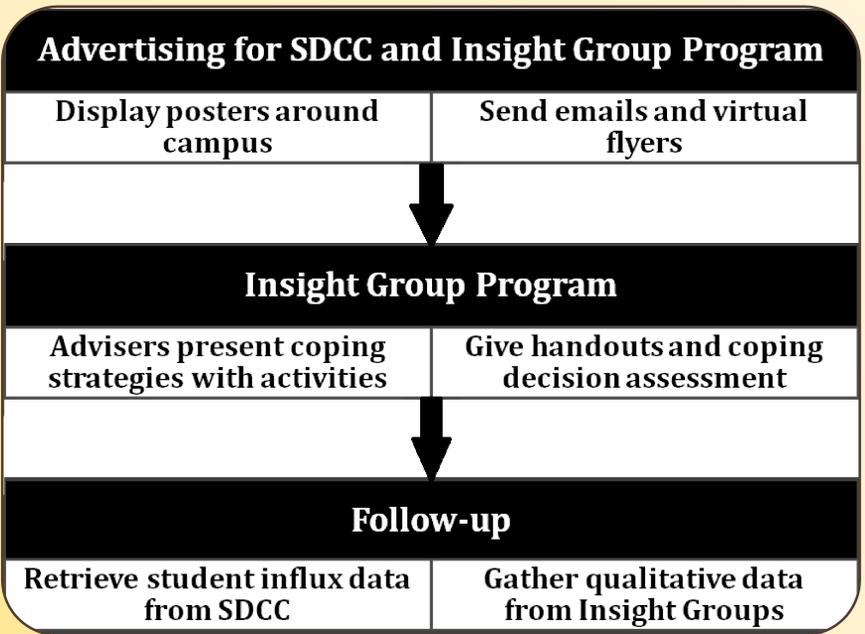
Project Objectives

- Decrease the stress level of WPI students
- Provide resources to aid students with coping healthily with their stress

Approach and Methods

- Insight Group program
- Raise awareness of Student Development and Counseling Center (SDCC)

Methods



Anticipated Results

- More knowledgeable about individual coping style
- Aware of campus resources
- Campus better informed on how to manage stress

Recommendations

- Bring attention to SDCC and its services
- Implement Insight Group program
- Acknowledge stress and encourage stress management

References & Acknowledgements

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¹ Rebecchi, S. (2012, November 29). Personal interview.
² WPClipart. (n.d.). Side salad. [photograph]. Retrieved from http://www.wpcupart.com/food/salad/side_salad.png.html
³ Heinrich Schönhuber. (2012, August 29). [Woman Sleeping]. [photograph]. Retrieved from http://area148.com/cms/index.php/social_issues/education/college-students-get-a-good-nights-sleep