

Weekly update on College Students Mental State and School
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Weekly Contributor: Thinking behind College Students Minds

Knowing that thanksgiving break and Winter Break is coming up can be extremely exciting and relieving for college students to hear/know. While working through the first semester of college, it can be draining, tiring, exciting, new, and many more words to describe that feeling when being a college student. Getting down to the last couple weeks can become more challenging with lots of tests and finals. However, students can get in a slump and it's hard to stay focused, continuing going to class, homework, jobs, and even friendships. The last stretch is tiring cause many students just want that break to come quicker and tend to fall.

Some important things to keep in mind are organization and how to prepare yourself going into the break. Getting finals done quicker rather than last minute may help relieve stress and help get more work done quickly and efficiently. Getting enough sleep and staying hydrated while eating and even taking care of your mental health is crucial. College students seem to be extremely stressed with a lot on their shoulders. It's important to keep in mind that even though 100 things may seem like a lot, taking 1 thing at a time(completing small tasks one at a time without thinking about the 99 more things to get done) can be beneficial to students and even more people like parents and jobs/careers.

