



Coping with Stress at University: A Survival Guide

Stephen Palmer, Angela Puri

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Coping with Stress at University comprehensively covers the main problems and stresses that a student may experience during their university career. Looking at university life from a variety of angles, this book equips the student to be able to deal with stressful situations ranging from exam pressure to relationship problems, from homesickness to managing finances. Although the problems do not change, the way a student faces them can and the more effective the approach, the less stress the student will feel when tackling their concerns.

Quotes and case studies from previous students illustrate how problems have been dealt with in the past, and a number of coping techniques and exercises are provided to help prepare students for the transition into and through university life.

Coping with Stress at University is an invaluable introduction to university life for any potential or current student, and it also acts as a helpful resource for parents and friends wishing to gain a greater understanding of the issues faced at university.



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