

Student Sources of Distress

Peer pressure/grouping
Identity
Growing up
Expectations-school and family
Pleasing others-parents, teachers
Alcohol and other drugs
Limited resources
Overworked
Too many responsibilities
Over-extending
Broken homes
Death, divorce, separation anxiety
Grades –
Not enough time
Lack of stability
Adolescence/maturation
Feelings of aloneness - loneliness
Connectedness
Desperation – hopelessness, feeling overwhelmed
Competition
Fear of failure
Need for approval
Alienation
Inability to express oneself
Fragmentation
Parental apathy
Mixed messages from adults
Fear of change

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