

# Managing Stress among Students in Nigerian Universities

- I. Introduction
  - A. Background to Study
  - B. Purpose of Essay
  - C. Significance of this Essay
  - D. Scope of the Essay
  - E. Definition of Terms
  
- II. Causes of Stress Among Students in Nigerian Universities
  - A. Attitude of Lecturers
  - B. Poor Family Background
  - C. Family Problems
  - D. Inadequate Resources to Perform Academic work
- III. Effects of stress on students
- IV. How Students can Cope with Stress
  - A. Expect it.
  - B. Accept it.
  - C. Name it.
  - D. Tackle it.
    - 1. Identify the cause
    - 2. Get organized
    - 3. Work on your health
    - 4. Get support
    - 5. Find some time to be quiet
    - 6. Take an occasional break from routine
    - 7. Go to class
    - 8. Do something for others
    - 9. Differentiate between the things you can change and the things that cannot be changed
    - 10. Set some goals or make some resolutions