



The Stress-Free Guide to Studying at University (SAGE Study Skills Series)

Gordon Rugg

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Providing a positive and supportive guide to understanding, preventing and managing the stress that can be associated with student life, this book is structured around the main stressors that are likely to be encountered as a student, such as the initial adjustment to university life, financial difficulties and the pressure of examinations. Throughout, the emphasis is on achieving well-being, by minimizing the disruption caused by stress and learning from difficult experiences. Three main strategies are investigated for handling stress: - reducing the likelihood of encountering stressful situations - learning how to handle stressful situations when they cannot be avoided - moving on from stressful experiences and achieving positive well-being. This guide will be a great help to any student troubled by the pressures of university. The highly practical strategies provided here will help to ensure that the reader gets the most from their time as a student, without the interference of unnecessary stress.



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