



Overwhelmed?

Purpose: The vast majority of college students become overwhelmed at some point in their college career. This could include any number of things such as agonizing over money, falling behind in classes, making time for friends, missing family, being distracted by social media, etc. The purpose of my proposal is to teach college students various techniques to prevent or reduce anxiety. These techniques could include anything from time management skills to meditation methods. I would like to propose this idea to Student Life in the hopes that they would sponsor and organize events approximately once a month or more to help students cope with stress and anxiety.