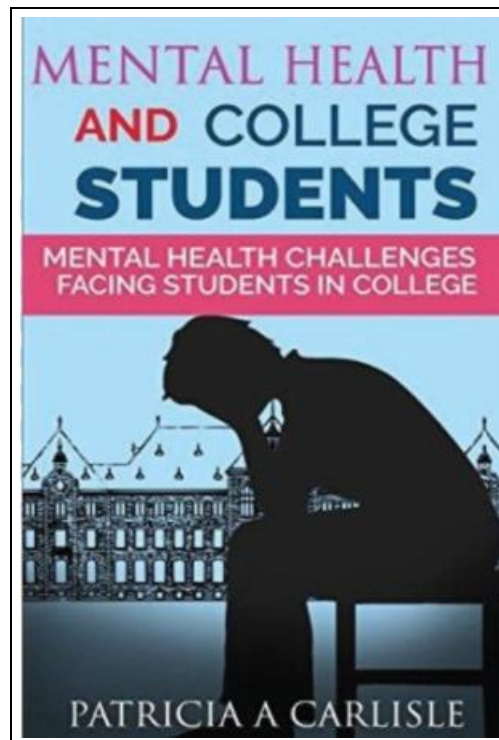


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book contains proven steps and strategies on how to identify the signs and symptoms of test stress and tension in college students. It is neither a misrepresentation nor is it a shock to say that there is a mental health emergency today confronting college students. Research has shown that college students have more levels of anxiety than ever before in the country's history. The acknowledgment of the emergency is documented in reports while trying to understand the extent of the issue. It is a reality we should know about even though the symptoms are hard to notice. College advisers have focused on student's mental health on school campuses; it is good to point out their point of view. As reported by the Association for University and College Counseling Center, 95 of school advisers reported the quantity of under grads with critical mental issues is a developing worry on school campuses. Seventy percent of the advisers trust that the quantity of under grads with extreme mental issues has expanded since the previous year. Anxiety, stress and tension are a very common human emotion. However, it can reach an extreme condition during college years and can be considered as mental illness. It has several negative impacts on the body, mind and soul of a person. As a result, that person faces various problems, such as, lack of concentration that may lead to having to repeat a class or dropping out of college.



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