



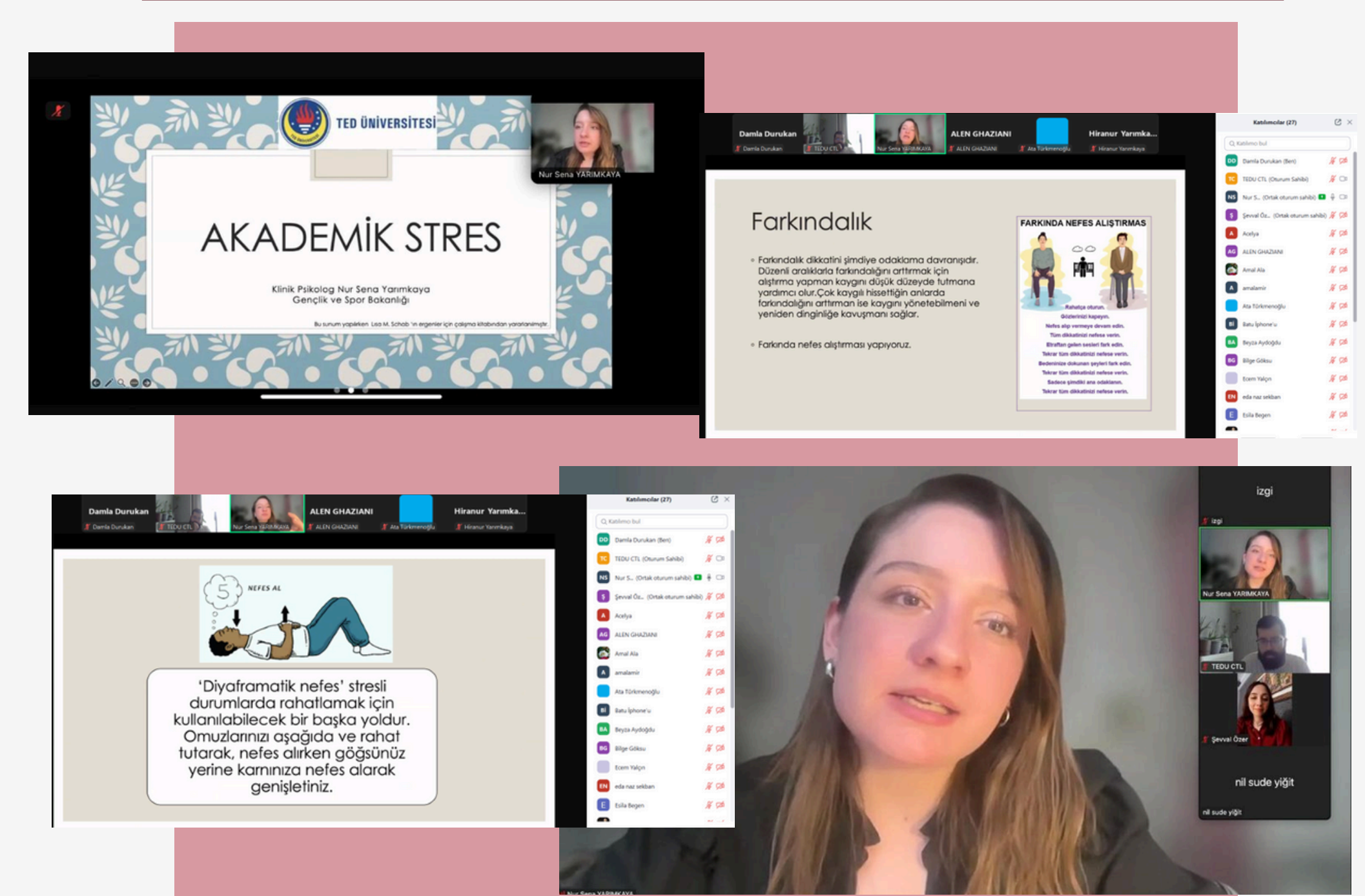
We SupportTED You: Coping With Academic Stress

Introduction

Most students experience pressure and emotional strain throughout their educational lives. Heavy workload, high expectations, poor time management, tight academic schedules, having difficulty in maintaining balance between academic and social life are leading causes of increasing stress. These stressors negatively affect their academic success, and their overall well-being. Thus identifying and meeting the needs of mental support is a necessary step and “We Supported You” project is designed within this framework.

Steps Of The Project

- A 16-question survey was prepared via Google Forms to determine students' stress levels, their methods of coping, and what kinds of solutions could be developed. Data were collected from 70 students studying in different departments, most of whom were freshmen.
- Based on the findings, an online seminar was organized in collaboration with a clinical psychologist as part of the ‘Student Development Seminars’. Common misconceptions, and thought patterns that lead to academic stress were addressed and several helpful coping strategies were introduced.
- At the end of the seminar, an interactive Q&A session was held where some students shared their problems and received valuable tips.



Results

Survey results indicate majority of participants face high academic stress. 83,8% of respondents stated that their academic success is negatively affected. 88,6% reported a loss of motivation. However, only 32,9% of students seek support when overwhelmed by stress. This issue displays the lack of awareness and problems in accessing support facilities. At the seminar organized within this context, stress relieving strategies such as breathing and muscle exercises, time management, dealing with procrastination, and writing thoughts down are covered.

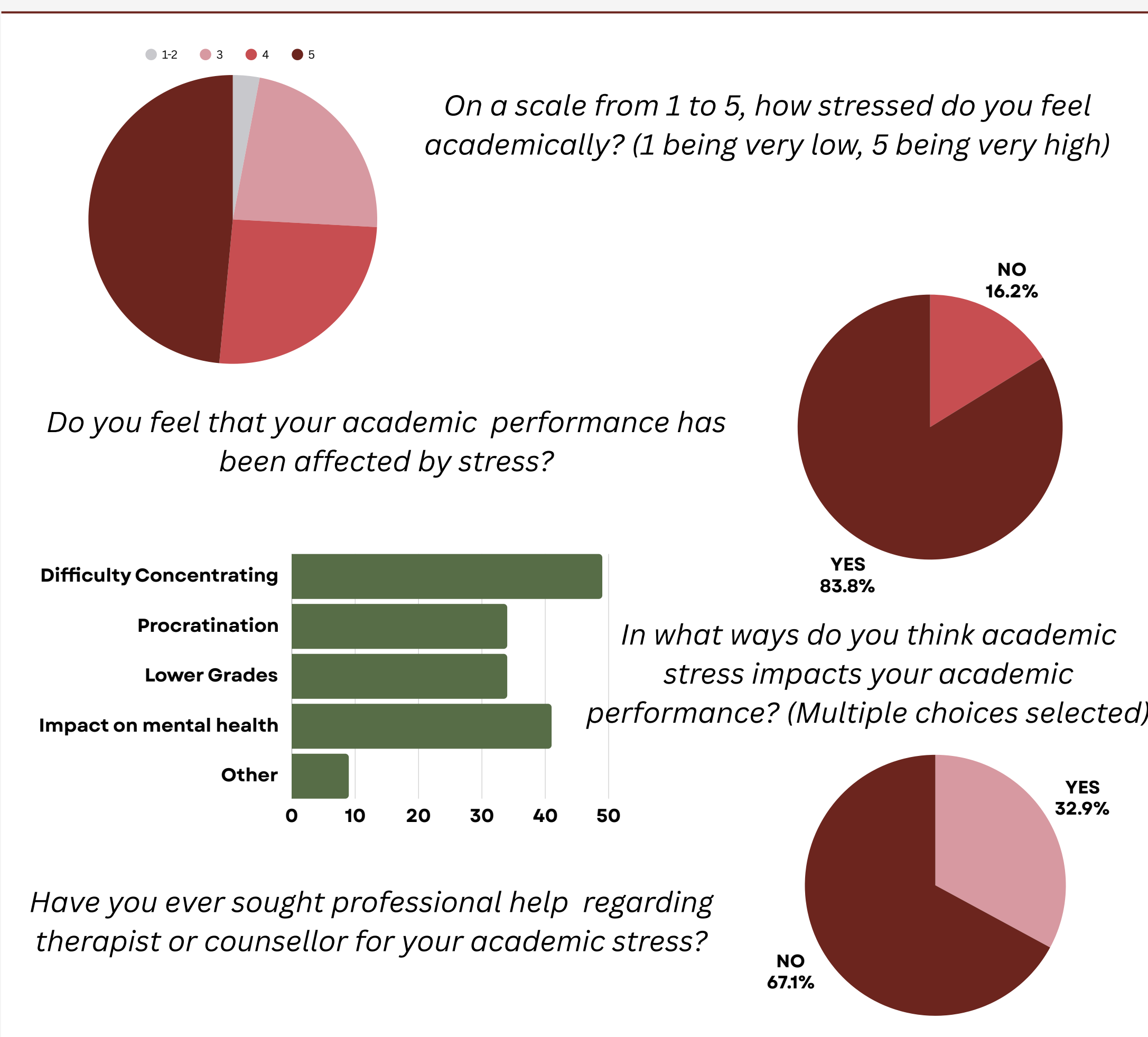
Purpose

This project aims to support the mental well-being of TEDU students and to improve their academic performance. It consists a survey and a seminar to assess needs and raise awareness. Encouraging students to self-evaluate and to seek help when necessary is the final goal.

3 GOOD HEALTH
AND WELL-BEING



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Conclusion

Stress harms not only academic performance, but also overall well-being and psychological state of students. Survey and seminar findings show students rarely seek psychological support, they lack strategies to cope with stress, and existing facilities are often hard to access. Thus, more effective and sustainable support centers must be established. Regular events; seminars, presentations, and online-counseling options may raise awareness and facilitate the process.