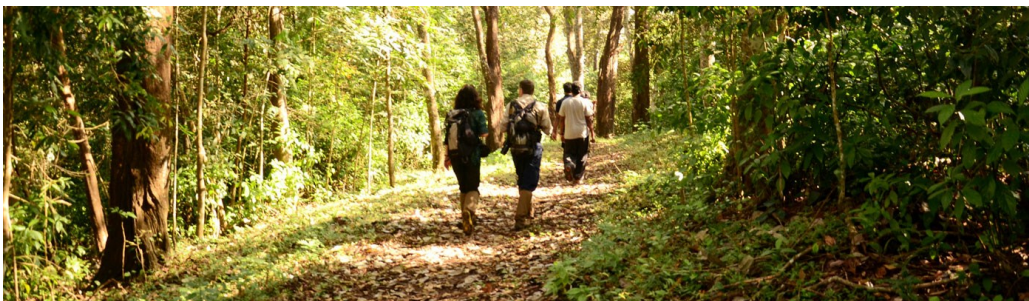


Time management is a crucial aspect of academic success for college students. Balancing one's time between studying, socializing, and exercising or performing leisure activities provides mental and physical rewards to the student. These rewards are positive reinforcements, which according to Lox et al. "A positive reinforcer is an enjoyable or pleasant outcome that makes a person feel good and that strengthens a particular behavior (2014)." Therefore the positive feelings a student experiences from harnessing relationships, taking care of their body, and mind will result in better academic performance and adherence to these behaviors. Students will also attain rewards from substituting a behavior that promotes negative feelings with a behavior that promotes positive feelings. As stated by Lox et al. "Negative reinforcers are generally unpleasant or aversive stimuli that, when withdrawn after a behavior, will increase the frequency of that behavior in the future (2014)." Students who are able to identify behaviors that they typically engage in and that promote negative feelings will have the ability to supplant those negative behaviors with positive and rewarding behaviors. For example, after a long tough day of classes and exams rather than engaging in risky behaviors to reduce stress, go for a walk or run. As stated by Lox et al. "The cross-stressor adaptation hypothesis states that exposure to a stressor of sufficient intensity and/or duration will induce adaptation of stress response systems and decreased sensitivity (2014)." By becoming more tolerant of stress through exercise students will be able to spend more time studying and less time recovering from a weekend of binge drinking. Academic success among college students is dependent on the students abilities to appropriately manage their time. Time management reduces stress by allocating time to fulfilling vital responsibilities such as socializing, exercising, and studying all of which have positive and rewarding benefits for college students.



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Stress Management Resources

- www.heart.org
- Kil'n Time Art Studio 89
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03264