Reading Guide: Coping with the Stress of Graduation

1. What are two theories to explain why 25% of students that visit college & university health clinics are showing symptoms of depression & having suicidal thoughts?

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2. Explain the phrase, “disconnect performance from reward” in your own words.

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3. “Helicopter parents” are…

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4. Can you think of any other reasons why teens don’t get enough time for introspection? What does “introspection” mean anyways??

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5. Do you think students deaths from suicide and alcohol-related incidents can be related to each other?

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6. Besides getting an A in every course, what else do you think post-secondary students feel entitled to?

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