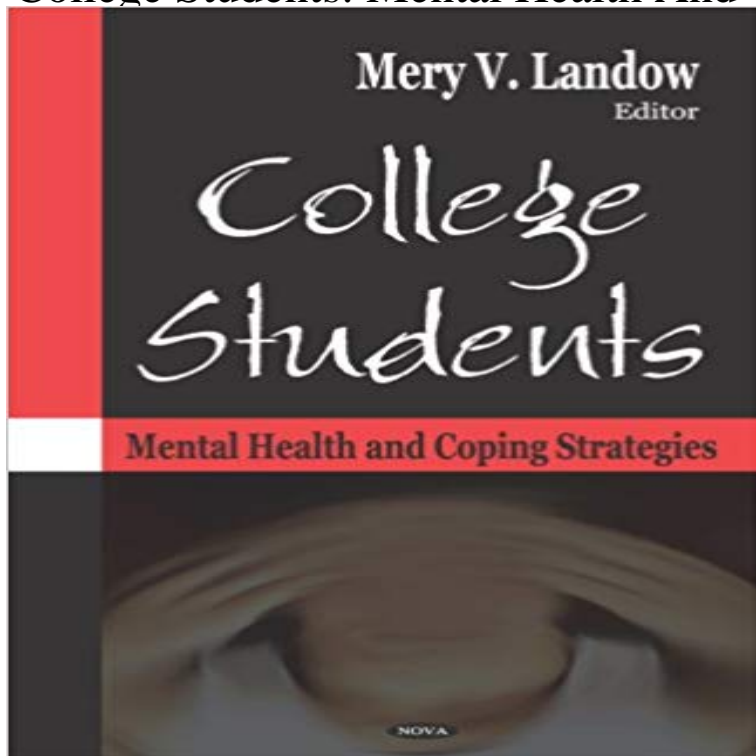


College Students: Mental Health And Coping Strategies



College students are subject to a massive input of stresses which require successful and ever-changing coping strategies. These stresses include inside and outside pressures by the world to succeed, financial worries, concerns about uncertain futures, social problems and opportunities since college is often the meeting place for future mates, and homework and tests in multiple and complex subjects requiring preparation and focus with often conflicting priorities. Unsuccessful coping often results in anxiety, heavy drinking, depression and a host of other mental health problems. This book presents new and important research in this important field.

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