



# AM I STRUGGLING WITH ACADEMIC PRESSURE?

## What are signs I am struggling with academic pressure or perfectionism?

Signs you may struggle with academic pressure include criticism of your abilities, fearing failure, feeling overwhelmed by academic workload, trouble sleeping, and wanting to procrastinate. Signs that you struggle with academic perfectionism include, wanting to achieve only success, fearing mediocracy, and sacrificing your well-being to achieve goals that are not necessary for success.



## What are the long-term effects of academic pressure?

Understanding when you face academic pressure can help you address warning signs before they develop mental health issues further. Long-term effects of academic pressure are attributed to issues with stress, anxiety, depression, as well as burnout that will ultimately lead to more issues for your academics. If you face such issues, it may be a good idea to prioritize your mental well-being before facing your academic stressors.

## How can I overcome the fear of academic failure?

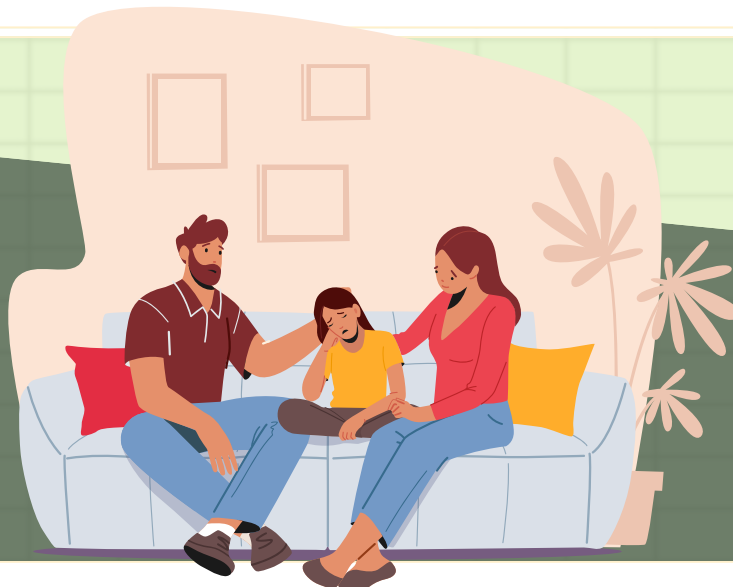
You can overcome this fear by reframing setbacks as opportunities for growth. Additionally, you can rely on the support system around you such as fellow peers, family members, and even faculty staff that can help you create healthy strategies for success. It is also important to understand that failures are common in success stories and just because you encountered a hurdle along your journey, it does not define you or your capabilities for academic success.

## How can I relax when facing academic pressure?

To better relax when facing academic pressure, you should practice mindfulness about how you are doing mentally to understand when to take breaks. Furthermore, you should engage in hobbies or physical activities such as going on walks to allow yourself breathing room. Prioritizing your well-being can help you feel more motivated when going back to working on your academic workload and can additionally support your focus on your educational goals.

## How do I discuss academic pressure with parents and teachers?

It is important to let your parents and teachers know when you may be facing issues academically. You must be honest about your concerns and allow important conversations between you and others to support your academic journey. Conversations with others will allow you to feel as if you are not alone when facing academic issues and can help you alleviate stress. During these hard conversations, it is okay to feel hesitant, however, it is best to be honest about your issues so your support groups can better tailor their advice and strategies to your issues.



## Are there other resources to support my well-being?

Outside of support from family and friends, there are resources to support your well-being such as discussing issues on a mental health helpline or seeking professional help. Such professional help is offered online by Let's Talk. You can schedule an appointment at <https://letstalk.pairacademy.org/register.php>.