

**Topic:** Stress Among Students During Covid-19

**Specific Purpose:** To inform the class about Stress Among Students During Covid-19

**Thesis:** The pandemic has caused a tremendous amount of stress for students of different age groups all around the world in many ways.

### **Introduction**

**Attention Getter:** Imagine trying to succeed in school during a major contagious virus. You would have to complete school virtually without any contact with your peers or teachers. You may start to feel loss, which may lead to your stress levels increasing. Well, that is how the world felt when all of a sudden, the world was hit with Covid-19. No one knew what was going on, but stress levels began to rise amongst everyone. Stress levels began to really rise against students during this pandemic. Students had to resort to abnormal learning habits and lifestyles.

**Credibility Material:** As stated by BestColleges, among students impacted by COVID-19, an overwhelming majority (81%) somewhat or strongly agreed they were experiencing increased stress.

**Thesis:** Today I will inform you about stress among students during Covid-19.

**Preview Statement:** First, I will tackle students' social changes during the pandemic, then the financial changes, and finally, I will discuss the stress of educational changes amongst students during Covid-19.

**Transition:** Let's get going by discussing the social changes of students during Covid-19.

### **Conclusion**

This speech was to inform you about stress among students during Covid-19. When people think about stress, they tend to talk about stress among working adults. Some people don't pay attention to students and the stress they have to deal with in school. Since the pandemic, students have dealt with significant stress. Being around friends helps you deal with stress, and not being able to be social is not assisting students in coping better. Trying to balance online learning is a challenge too. Some schools are preparing to have online learning through the spring semester. Stress has increased in some students because of financial problems. It has also gotten better with some students because of schools and the government helping with financial burdens. Some schools are planning to address the stress that students are having during this pandemic, and they plan to help ease students' stress. To conclude, it would help if you, as a student, look for ways to cope with stress to help make your life as a student easier.

### **References**

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Kasey Cooper

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