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Topic:

Depression among college students.

Specific Purpose:

To inform the class about depression among college students.

Thesis:

Depression is the most common mental disorder in the United States of America, with more than 264 million people suffering from it globally, and 36.4% belongs to college students.

Introduction

Attention Getter:

Think about the most stressful time of every young adults life - being a college student. Waking up every day, worrying about maintaining your grades and trying to discover who you want to be. You are away from home and you are home sick and are tired of waking up to a small confined room. Not only do you feel like you are suffocating from all the pressure that your parents put on you from spending too much money and keeping your grades up, you have to eat food that is borderline prison quality. Imagine the stress that all this frustration puts on your body. You start to feel down all the time and are considering dropping out of school and living on minimum wage for the rest of your life. It might get so overwhelming that you think of the unthinkable, taking your own life. You are in school but are thinking about love and if you are going to be able to get the job you want after you finish school. Not only are you going to college, but you are also doing it during a world-wide pandemic.

Credibility Material:

According to the *World Health Organization*, depression is a global problem, with more than 264 million people of all ages suffering from depression.

Thesis:

Today I will inform you about depression among college students.

Preview Statement:

Firstly, I will talk about the causes of depression among college students (homesick, grades, social life), then the effects it has on them (sad, self-harm, tiredness) , and finally I will speak on the treatment of Depression (therapy).

Transition:

Let me show you why being a college student can be so stressful.

Conclusion:

This speech was written to inform you about Depression among college students and the toll it can take on someone who is still trying to develop as an adult. Most people do not know they have depression, and many believe that depression isn't commonly seen in young adults. It is important that if you are stressed and are thinking thoughts that never crossed your mind, that you get help. Therapy can help with depression and medication has been proven to help with it also. Depression among college students can be caused by being homesick, the stress of maintaining good grades, and their social life. The effects this can have on someone can be

lifechanging, especially if they are hurting themselves. Always remember that it is never too late to go get professional help.

References:

World Health Organization (Depression), (30 January 2020), Retrieved September 13, 2020 from URL

<https://www.who.int/news-room/fact-sheets/detail/depression>

American Psychological Association (College Students' mental health), (June 2013) Retrieved September 13, 2020 from URL

<https://www.apa.org/monitor/2013/06/college-students>