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Topic: Anxiety Among College Students

Specific Purpose: To inform the class about anxiety among college-aged adults.

Thesis: Anxiety, of the most common mental illness in the USA, affects adults 18 and older at its sharpest during the initial transition to college and remains prevalent in college students throughout their college years.

Introduction

Attention Getter: Were you ever chosen to read a speech or make a presentation in front of an entire classroom? Have you ever felt the impulsive strikes beat away in your chest? Along with this, you experience shaking of your hands and legs, begin to breathe hastily, and maybe feel a bit lightheaded. My fellow classmates, here we have gestures of anxiety.

Credibility Material: According to the US Census Bureau, more than 18 million students enrolled in college in the US and 30% felt overwhelming anxiety in two weeks.

Thesis: Today I will inform you about anxiety among college-aged students.

Preview Statement: First I will discuss the causes of anxiety, the effects of anxiety, and the treatments for anxiety in college

(Transition: Let's begin by looking at the causes of anxiety amongst college students.)

Conclusion

This speech intends to educate you all about the causes, effects, and treatments for anxiety. It is my strong belief that the main cause of anxiety in college students would be stress from being heaped with numerous assignments. Countless students tend to suffer from anxiety and fall into depression and develop substance abuse. It is highly recommended that students who experience anxiety get mental help by speaking with a therapist or psychologist. If you or anyone that you know are experiencing symptoms of anxiety, get it checked out and deal with it at its early stage.

References

<https://www.mayoclinic.org/diseases-conditions/anxiety/diagnosis-treatment/drc-20350967>

<https://www.healthline.com/health/anxiety#anxiety-and-stress>

<https://www.stress.org/anxiety-in-college-students-causes-statistics-how-universities-can-help>