

Name: \_\_\_\_\_ Kentel Lloyd Date: \_\_\_09.17.20

**Topic:** The Effects of Anxiety on College Students

**Specific Purpose:** To inform the audience about the effects of anxiety on college students

**Thesis/Claim:** Anxiety effects college students nationwide negatively.

### **Introduction**

**Attention Getter:** “Is it Monday Already?” queried Cierra McCreedy as she took her seat when she heard her professor calling for this week’s presentation. Cierra, a very studious but timid child had not forgotten to complete the assignment, but to rehearse it. However, the time for preparation has passed as the time for the presentation approaches. Ms. McCreedy remained seated awaiting her name, as the perspiration drained down her back and the sound of her heartbeat silenced all competing noise. Faintly, she heard “Cierra McCreedy” as it echoed throughout the hallow classroom and she began gathering her material. She ambled shakily unto the podium , biting her nails, fidgeting and twirling her hair. It’s show time! As she unfastened her lips, the stutter flew out almost immediately , just as her classmates laughter. Her mind races a mile a minute as she panics and drowns before her peers who have no clue of the disorder she suffers

**Credibility Material:** In a 2017 national study, approximately 24 percent of students cited anxiety as a result of work according to the United Educators research.

**Thesis:** In this essay, I will discuss anxiety and it’s effects on college students

**Preview Statement:** To inaugurate , I will discuss the effects of this disorder, how to identify triggers and subsequently how to manage with this disease.

(**Transition: Initially, the effects of anxiety are plentiful in number.**

### **Conclusion**

In the final analysis, although this disorder gets little to no attention and happens to be on everyone’s back turner on the stove top, this disorder is real! It exists and persons are extensively suffering and will continue to suffer without any assistance. My intention was to bring awareness to the demons faced by college students everywhere and hopefully I’ve done just that. With that being said, it is our responsibility as a people, as a race and a body to retain and utilize this information wisely. Acknowledge this disorder. Keep an watchful eye on the triggers and persons who portray those triggers. Memorize tactics and stress relievers to overcome that anxiousness and practice them frequently. I believe that together we can weather this storm. Remember “unity is strength, division is weakness”- unknown author.

### Reference

Harvard Health Publishing( Anxiety in College: What we know and how to cope) , May 28 2019 from URL

The mental health and well-being of medical students: A case study reflection (June 21 2020) from URL

