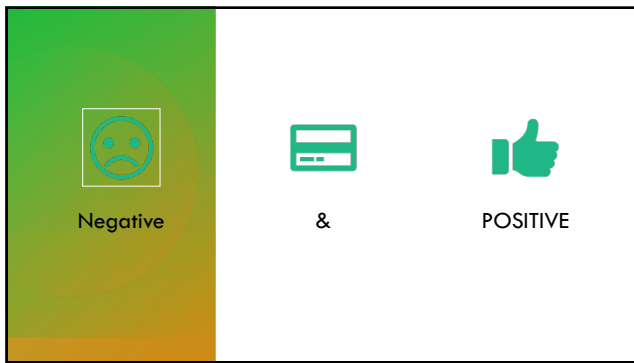
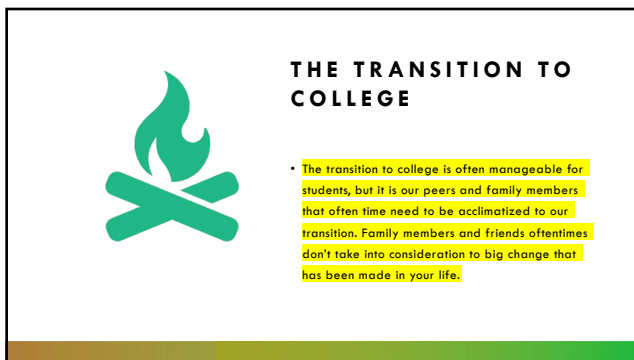




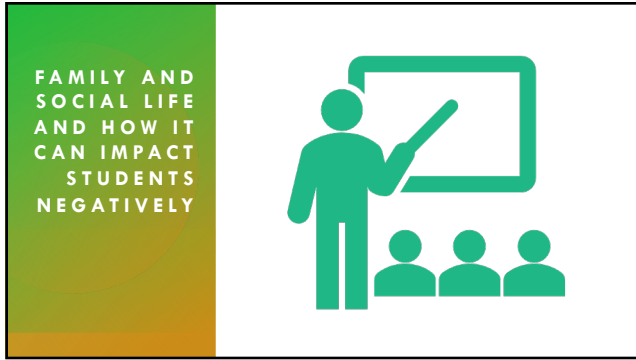
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FINANCIAL STRESS

In this scenario, the burden of the family usually falls on the student's back whereas they are placed into a predicament where the functioning / upholding of the family depends on their contribution, so on most occasions students must take on a job to help sustain their families. For example, helping with rent, buying groceries etc.



7

HOMESICKNESS

This problem affects students who lives away from home, family and friends. What usually happens is that students feel a longing to be around family and friends that they become stressed and distracted by the fact that the people they would normally socialize with are not in their physical presence.



8

EXPECTATIONS AND PRESSURE

Trying to live up to expectations of family members can be a very troubling situation. Not everyone has that coping mechanism to withstand the pressures of family and friends. This may cause anxiety, low self-esteem, headaches etc.



9

SOLUTIONS FOR THESE PROBLEMS

- Academic Distraction** • Maintain open communication with your family and friends about academic priorities. Be honest with them, if they are proving to be a distraction just tell them in a respectful manner.
- Financial Stress** • Prioritize self care, as maintaining a physical and mental well being is crucial for balancing family expenses, school and a job.
- Homelessness** • Get out of your comfort zone and meet new people instead of being stressed about not being around friends and family.
- Expectation and Pressure** • Focus on personal values and beliefs rather than solely adhering to external expectations.

10

THANK YOU



11
