

# The Student who is Anxious

## Facts about Anxiety

Anxiety can be generalized across a range of situations, or it may be situation-specific (e.g., test anxiety, social anxiety, public speaking anxiety).

## Symptoms of anxiety include:

- Agitation
- Panic
- Avoidance
- Irrational fears
- Fear of losing control
- Excessive worry (ruminations and obsessions)
- Sleep or eating problems

## What You Can Do

- Talk to the student in private.
- Remain calm and assume control in a soothing manner (“I am quite interested to hear what’s bothering you. Can you tell me about it?”)
- Focus on relevant information, speaking correctly and concisely.
- Help the student develop an action plan that addresses the main concern.
- Refer the student to University Health Services’ Counseling and Consultation Services (608-265-5600 – option 9) located in 333 East Campus Mall.

## Avoid

- Overwhelming the student with information or complicated solutions.
- Arguing with student’s irrational thoughts. (“You have nothing to worry about. Your grades are good”)
- Devaluing the information presented. (“It’s not as bad as you think.” or “Don’t worry, you have everything going for you.”)
- Assuming the student will get over the anxiety without treatment.