

ANALYZING CONTEMPORARY CAUSES OF STUDENT ANXIETY AND SOLITUDE

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ABOUT ME

- FIRST-YEAR FSU PRESIDENTIAL SCHOLAR
- MAJOR: MECHANICAL ENGINEERING
- LOW INCOME BACKGROUND
- FIRST-GENERATION STUDENT
- PREDOMINANTLY BLACK HIGH SCHOOL (BLANCHE ELY HIGH)

Defining Anxiety and Solitude

Academic Pressures

Financial Pressures

Opportunity Pressures

Social Pressures

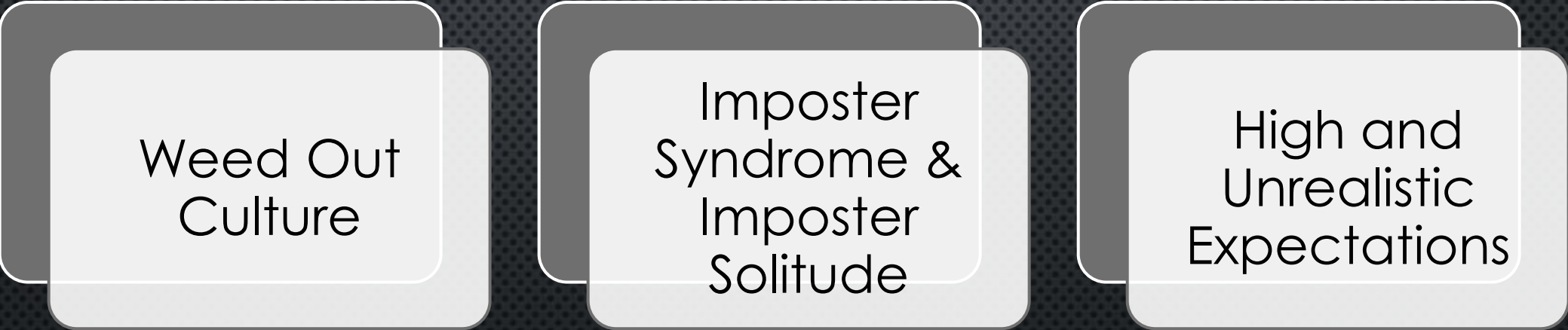
Outcomes

AGENDA

WHAT IS STUDENT ANXIETY AND SOLITUDE

- STUDENT ANXIETY IS THE CONSTANT FEAR THAT POOR PERFORMANCE WILL LEAD TO LOSING TIME, OPPORTUNITY, OR BELONGING.
 - CONSTANT COMPARISON AND SELF-EVALUATION
 - FEELING ANXIOUS OR GUILTY FOR SLEEPING OR NOT DOING ANYTHING
 - TOXIC FORMS OF PERFECTIONISM
- STUDENT SOLITUDE IS INTENTIONALLY CREATED ISOLATION CAUSED BY PRESSURE, FEAR, OR EVEN COMPARISON.
 - WORKING ALONE OR STAYING QUIET ALWAYS
 - LOSING TIME TO SOCIALIZE DUE TO OVERWORKING
 - FEELING LIKE FRIENDS OR FAMILY DON'T UNDERSTAND YOUR SITUATION

ACADEMIC PRESSURES



Weed Out
Culture

Imposter
Syndrome &
Imposter
Solitude

High and
Unrealistic
Expectations

FINANCIAL PRESSURES



Scholarships



Sacrifice Debt



Fear of Wasting
Opportunity

OPPORTUNITY PRESSURES

Survivor's Guilt

Success for
your
Community

Fear of Wasting
Opportunity
(Yes, again)

SOCIAL PRESSURES

Masking Your Struggle

Being one of the few Demographics in Spaces

Identity Balancing

Productivity Culture

Social Media Comparison

OUTCOMES

Burnout

Physical Stresses and Health Decline

Playing it Too Safe

Identity Crises

Sabotaging/Betraying Peers and Friends



Kelan Dennis

FSU Presidential Scholar | FSU Honors
Mechanical Engineering Undergraduate Stud...



THANK YOU
FOR YOUR
EARS AND
HEARTS