**STRESS OF STUDENT LIFE**

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Student life is exciting, but it can also be very pressured and stressful. When you feel good about yourself, and when nutrition, exercise and sleep are adequate, it is much easier to cope with stress.

Student life is a transitional period. They follow courses to obtain skills or goals such as increased job opportunities or enhanced enjoyment of life. Studying is a process of change and sometimes this can lead to anxiety.

*Underline, italic*

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*Some of the difficulties you could expect are*:

1. Leaving home and separating from your parents and family can be stressful.

2. Changing identity - you may feel different about yourself. Maybe you are more intelligent than you suspected. It takes time to adjust to this new phase in your life.

3. Family relationships will change and you may become an outsider.

4. New opportunities such as sport, social and political activities will arise.

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