



This is me, Matthew Gray

Loyola Student-Athlete Stress Management By Matthew Gray

You drive up to a different state. Leave behind your parents who you have lived your whole life with. Go to a new school where you do not know a single person. Have a new team to train with. All of this can feel incredibly overwhelming and as a student-athlete who has been through this process before, I know you must be feeling a bunch of different emotions including an abundance of stress. Unfortunately, for most people including myself, there was never really anyone or even a class in high school that properly prepared me to manage this stress. But I am here to say that if you start to feel stressed out, similar to how I was, it does get better, and you will be okay.

ROOMMATES AND FRIENDS



Your teammates will become some of your closest friends !

One of the number one things I found to help ease stress was being with roommates and friends. Now you might not be as lucky as I was to have gotten along with all of my teammates as soon as you meet them, but being friends with someone with a similar schedule as you will help you out a ton. Your teammates will virtually become your "built-in best friends," as you will practically be with some of them 24/7 throughout your week. This can be very helpful when it comes to school as well. For example, if you are doing homework, or even studying for a test, chances are, since your schedules are so similar, one of your teammates might be taking the same class as you and be able to quickly answer any questions you may have. When asked about how to manage stress, Loyola '25 student Alex Corazzini said, "I like to take walks around campus with my roommates and toss a baseball or football around if I get too stressed or overwhelmed."

TIME MANAGEMENT



How to Manage Your Time Properly

You also may be feeling overwhelmed with multiple stress factors at one time. For example, you might be struggling to manage your time while having multiple practices a day while also balancing your class and homework schedule. Something I did to tackle this is to take one thing at a time and focus on just that. If you have multiple things due for different classes by the end of the week, try to dedicate a day or two for each assignment and only work on that one assignment for the day. Another major factor that can help is making a schedule in your academic planner that you are given at the beginning of the year. For all of your classes, your professor will have a list of when each assignment is due for the entire semester. This is very helpful as you can get ahead and write your future assignments in your planner even before they are assigned.

TESTS AND STUDY HABITS

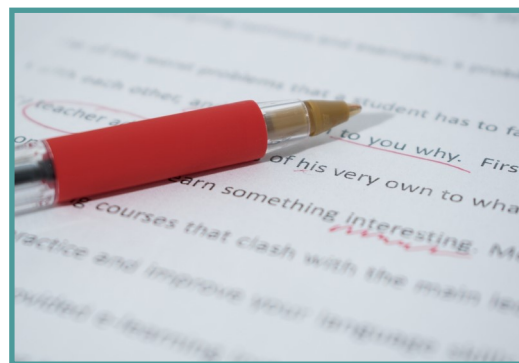
Something else that personally caused me stress, which seems to be a common thing for first-semester students, is knowing how to properly study for a test. If you are looking for some tips to study, somewhere to look is to make an appointment with Molly Fredette at [The Study](#). I was finding it hard to study for tests, even though I take notes in class regularly and go over them. I then sent an email to Molly Fredette at The Study and set up a meeting to go over some tips to help me succeed. She first had me take a quick test to find out what kind of learner I am (ex. Visual, Auditory, Physical, Kinesthetic, etc.). I found I was a Kinesthetic learner which means I do better with trial and error or carrying out physical activities, rather than watching a lecture. She then gave me the tip to try to read my notes out loud to myself when going over them. This seemed odd at first, but it helped me slow down my thought process and really obtain the information. You need to find what works best for you and once you find the best strategy for yourself, stay with that strategy and try to make it a habit.



The Study

MAKE-UP WORK/MISSING CLASS

Another thing that I was worried about was catching up on work when sick or missing days for athletics. When it comes to athletics, in the beginning of the year, you will have your professors sign a paper letting them know when you will be missing class for athletics. When it comes to being sick, one other thing I advise doing is finding people in your class who you can talk to and make a group chat for that specific class. This can help if you have a quick question that one of your peers can answer, and you might get a quicker response than emailing a teacher. You may also ask someone for the notes you missed for that day if you were not present in the class either for illness or for your sport.



Try not to get too far behind and stay on task!

YOU WILL BE OKAY

Overall, I know that you will love it here at Loyola University Maryland. Whether you're looking to meet new friends, make memories with your new teammates, or even prepare for a test, Loyola has a multitude of helpful options to help you achieve all of this and more. You might be feeling stressed as well as overwhelmed, but be reassured that even when times may seem impossible, everything will pan out the way it's supposed to be and you will be okay.



Graduation will be here before you know it!