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Main Issues That College Students Face Today

Though many people believe that college life is all about having fun and enjoying life, this is not always the case, as there are several problems that students pursuing higher education encounter these days. This essay will list some of the major issues faced by students concerning education and discuss how those issues affect students' lives.

To begin, there is the sheer pressure of academics, which is one of the most significant challenges that students encounter. They are under a great deal of stress as a result of the strain placed on them by high cut-offs, parental expectations, and tough university admissions. This means that students must work till the wee hours of the morning to achieve the top of their careers, which deprives them of their time and energy in the process. Additionally, college courses are tougher as compared to high school classes, they require greater effort, and often a lot of content is covered in a short period making it tiresome to manage. A solution to this issue is that students should be advised to select units as per their capabilities and taught that it is okay to score low on occasion, as well as parents should be counseled and explained that putting undue pressure on their children can be harmful to their mental and emotional health.

The next issue is money and managing finances. College life can be incredibly stressful and frustrating due to escalating educational expenditures and additional student expenses such as meals, supplies, transportation, housing, and textbooks. This ends up with some students dropping out, and others trying to juggle their full academic schedules with their full-time jobs and applying for students' loans. Although student loans can help to a certain extent, they do not cover all of the costs and can be difficult to repay. Henceforth, students who are willing to apply for students' loans should see a financial advisor and learn about the structures and other important requirements. They should also consider having a job near the institution to assist them to save money on transportation.

The above endless issues faced by students result in depression among them. Depression is quite frequent among college students and can be caused by a variety of factors such as a lack of funds, poor performance, homesickness, problematic roommates, and relationships.

According to a poll performed by the Association for University and College Counseling Center Directors, 36.4 percent of students suffer from depression, which if left untreated can interfere with learning and eventually lead to suicide. In this instance, students should seek professional assistance from available counseling programs with competent counselors to assist them in getting back on track.

In conclusion, we can state that life at college may not always seem to be full of fun and joy as there are a couple of challenges that students face. However, they are encouraged to stay strong and deal with these issues because they reflect what life is like in the real world, and they will face them in some form or another in the future, and they may define who they will become. After all, the good times spent will undoubtedly outnumber the negative ones.

Works Cited

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