Diversity and Managing Stress in Science 2
Introduction

After building and conquering a stressful year of senioritis, finding the right college, hoping you made it to college, prom, great grades and test scores, and doing the paperwork of the college. So many factors that gave the you the key to experience the college life. Coming into this year as a freshman in college, you enter a brand new environment and a whole new level of identity. In other words the diversity in the college and in just the dorms alone we experience so many new faces and cultures just strolling through your hallway. Can you cope? What is the difference between them and us? Is there a possibility to define if we are all the same, or different? We went around and experimented on our own campus. We asked people how they did it whether it be exercise, games, a special someone, drugs or just going out and having fun. Our results were amazing.

Methods

In our success team consisting of four people, we each surveyed 25 non-freshmen students at SJSU. We asked each individuals a series of questions to deduce how students at SJSU cope with stress. College is known to induce stress in students with all the assignments and exams. Our surveys revolved around the topic of how students in SJSU deal with stress. In our survey we gave various methods in which students can deal with stress. We asked yes or no questions such as: gender, class lever, whether they were 1st generation college students, race/ethnicity, whether they watch TV or go to movies, whether they listen to or play music, whether they do drugs or alcohol, smoke cigarettes, read, their religion, whether they confide in parents or a family member that’s not a parent, whether they talk to or hangout with boy/girl friend or sex, video games, social media, exercise, and lastly, whether they go clubbing or dancing.
**Findings**

College has its reputation for causing and bringing forth inevitable stress. Everyone finds their different ways of coping with it though and our results confirmed. To start off, we realized that a lot of people at SJSU decided to turn to drugs and alcohol to cope with stress. To be exact about 57% of the people we asked turn to partying and drinking until they feel buzzed or even until they are extremely drunk. Then we found the people who decide to stay in and cope with stress in healthier more productive ways. Almost 60% of the people we asked decide to read a book or magazine of their choice. We then turned to those who like to be in front of a screen. This reminds me of my brother and his tendency to cope his stress with video games. Surprisingly, with the people we asked it was almost 50-50. Only 2% more of the people decide to play video games when they are feeling down or like there's nothing else to do. We asked and discovered it was also a form to get rid of anxiety. The feeling of adrenaline and power from a video game has a large effect on the psychological well-being of its players. Last but not least we have the most popular...
form of stress relief and that is social media. The result was extremely large in difference coming
in at 70% for those who did use social media and 30% who didn’t and when we asked why not,
their answer was that they didn’t have the form to constantly be on it and had to wait to get on
for a short period of time. All of the other people though, answered with no hesitation saying
they immediately went to the news and gossip social media brought them to cope with stress.
The research done was quite interesting and makes you realize what they meant when they say
Strive 10

that we spend too much on social media.
**Conclusion**

After, conducting our research we came to the conclusion that our statements were in fact true. We justified that, in fact coming into college your freshmen year, it’s a whole new setting for all the new incoming freshmen ready to live the true college experience. Reviewing the charts it shows the difference in peoples lives which is high. Mainly because of the diversity they encounter within the campus the first few weeks. As well to seeing the different types of ethnic groups everywhere, rather to seeing your majority ruled ethnicity in your city. It especially shows in the numbers because of how they have their range in difference. You have as many religions as you do to the amount of people who want to get married in the next ten years. So what becomes in the next step for the college life? adaptation? that is what yet leads to the next belief.
Appendix

Title Page Page 1
Introduction Page 2
Methods Page 2
Findings Page 3-4
Conclusion Page 4
Appendix Page 5