



CHALLENGES FOR A NEW HIGHER EDUCATION STUDENTS

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Aim of this presentation

This presentation is based on two objectives:

- To identify challenges faced by students.
- Strategies to overcome challenges.

Introduction



This presentation will discuss challenges faced by students and strategies to overcome it.

- Student life can be challenging at times because of transitioning to a new phase which can lead to mismanagement at times.
- It can increase productivity if it is managed appropriately, and a person may build new relationships as well.
- Adopting an optimistic approach and surrounding oneself with productive people can help in achieving goals more efficiently.



Challenges faced by university students

- University life is itself a challenge because of the new environment, schedule and responsibilities it brings that can make students feel overwhelmed.
- Students studying at university often face heavy academic workloads that can lead students to struggle between assignments, jobs and exams.
- Another big challenge occurs due to working part time in order to manage expenses as working becomes a necessity to manage living expenses, fees and groceries.
- Managing relationships with friends and family is crucial along with studies, because people keep expectations that needs to be fulfilled to keep a healthy balance in life.

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- Student life gets very challenging, and it can decrease motivation level which leads to procrastination making even a small task very difficult to perform.
- Independency is another big challenge which can sometimes make students stressed as it requires coming out of their comfort zone and performing all the duties.
- Improper management during university life can mess up things and create discomforting conditions.
- Making healthy and good choices regarding activities and protect from drinking and partying to keep things under control.
- Indulging in unhealthy relationship during the university period can cause emotional damage and creates an impact on their studies as well



Major challenges faced by students

Academic writing

- Academic writing can get very challenging for students making tasks a burden as it requires writing and drafting assignments multiple times to get good grades.
- Students are required to meet the expectations of proper selection, writing, and summarizing the content while avoiding any plagiarism.
- Expression of ideas using academic vocabulary is a major challenge.

Balancing time commitments

- Poor time management can lead to frustration because of not completing tasks on time.
- Effective time management also occur due to having too much on the plate.
- Indulging in less essential tasks rather than completing necessary tasks first also leads to ineffective management of time.

Strategies to overcome challenges

- In order to overcome transitioning process by forming healthy relationship with other students, looking for extracurricular activities available and getting involved in your campus life that can be source of comfort.
- Looking for help available from professional and services available at universities on campus to deal with problems being faced.
- Prioritizing essential tasks first, making proper schedules and proper management of time can help overcoming challenges related to time.
- To prevent from procrastination dividing extensive tasks into smaller one and giving yourself necessary breaks can go a long way.
- lack of motivation can be combat by looking at the causes of it and try to spend time doing something pleasant like taking a walk, spending time in nature to avoiding any potential stressors.



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Choosing	Choosing the right company as people around an individual can create a significant impact on one's life so surrounding yourself around productive people can eventually increase your productivity and efficiency to do work.
Keeping	Keeping a flexible mind goes a long way because it helps in understanding that things might not go in your favor every time.
Having	Having a positive attitude can help in not only professional life but personal life.
Planning	Planning thing ahead of time.
Taking	Taking necessary assistance when needed without feeling ashamed.
Keeping	Keeping a timer and putting potential distractors away.
Rewarding	Rewarding oneself with small or big rewards for working hard and managing university life.



Conclusion

- University life brings both challenges and exposes individual to various aspects of life.
- Proper management for work and student life can be overwhelming for students because of the burden and expectations people. However, keeping a realistic and optimistic approach goes long way in achieving goals.



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