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## Abstract

Stress is an increasing problem, particularly among college students. While temporary stress can be positive, chronic and unmanaged stress is likely to lead to negative effects and have a long lasting impact on health. High-achieving students are a demographic of particular interest, as they may be under greater academic stress, be more prone to maladaptive perfectionistic behavior that can be triggered by stressors, and possess unique needs for management of stress. A literature review of stress relief and stress management interventions among college students and high-achievers was conducted to form the foundation of a unique, comprehensive stress management intervention for Ball State University honors students.

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