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## College Students Majoring in Psychology Stress Barriers and Support

Jennifer Estrada  
*Northeastern Illinois University*

Alvin Farmer  
*Northeastern Illinois University*

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# **COLLEGE STUDENTS MAJORING IN PSYCHOLOGY STRESS, BARRIERS AND SUPPORT**

Jennifer Estrada<sup>1</sup>, Alvin Farmer<sup>2</sup>

Department of Psychology, Northeastern Illinois University, Chicago, IL 60625

The purpose of this research study is to find the struggle college students experience as they are working towards their bachelors degree. Many college students experience stress, barriers and lack of support in college. Being the first one in your family to attend college can come with many barriers. First generation college students can feel less prepared, earn low grades and feel low academically according to Gibbons & Woodside (2014). In addition to academic challenges, college students can also struggle with their mental health symptoms (Ebert et al., 2019). Participants will be recruited from a university. Perceived Stress Scale (PSS), Young Adult Social Support Inventory (YA-SSI) and Costello-Comrey Depression and Anxiety Scale (CCDAS) will be used to gather data. The first hypothesis for this study is college students with mentors will experience less stress when comparing them to those who do not have mentors. The second hypothesis for this study is that colleges who report high stress will report higher levels of anxiety than college students who report lower stress. The third hypothesis for this study is that colleges who report high stress will report higher levels of depression than college students who report lower depression. The fourth hypothesis for this study is that colleges who report high stress will report higher levels of support than college students who report lower stress. Finally, it is hypothesized that there is an interaction between stress and generation in college on outcomes of college students. It is important to research the struggles that students are experiencing in order to find solutions. I am interested to increase the number of college students graduating in the Psychology profession due to the shortage of Psychologists professionals in America. Attending college has various struggles which is why it is important to research the struggles students face.