

Why Penguins Don't Get Ulcers

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SUGGESTIONS TO REDUCE STRESS DURING THE FRESHMEN HOUSING PROCESS

OVERVIEW

- A. Before Receiving their housing assignment students are stressed by Housing Day's **uncertainty, stakes, and uncontrollability**.
- B. After receiving their housing assignment, students are stressed by Housing Day's **negativity, misinformation and lack of social inclusion**.

RECOMMENDATIONS:

FOR STUDENTS:

- 1) **Housing Day Peer Mentors**
Housing Committees should connect new students to designated upperclassmen immediately upon receiving housing assignment (Cohen and social integration)
- 2) **Rhetoric**
Through House Committees, students will be encouraged to reappraise their evaluation of their house to be based on the house's intrinsic worth rather than comparative value.

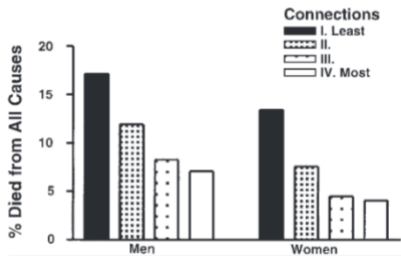
FOR FACULTY:

- 3) **Reduce FOMO by avoiding exams/deadlines on Housing Day**
FOMO (Fear of Missing Out) is "associated with increased negative affect, increased fatigue, greater stress, more sleep problems and physical symptoms" (Milyavskaya, Saffran, Hope, & Koestner, 2018). Studying is shown to be a key component leading to FOMO

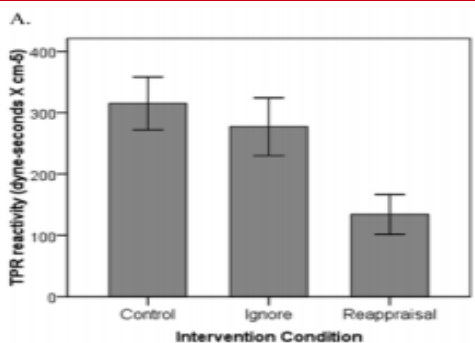
FOR ADMINISTRATORS:

- 4) **Using Cognitive Reappraisal in blocking group discussions**
Cognitive reappraisal has been shown to reduce cortisol levels when faced with a significant stressor. Reappraisal has an even greater effect than actively ignoring the issue (Jamieson et al. 2012).
Will help inform people about healthy coping mechanisms.

Figure 4
Greater Social Integration Is Associated With Lower Rates of Mortality



Cohen 2004



Jamieson et al. 2012