



Coping with Stress at University: A Survival Guide

By Stephen Palmer, Angela Puri

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Coping with Stress at University comprehensively covers the main problems and stresses that a student may experience during their university career. Looking at university life from a variety of angles, this book equips the student to be able to deal with stressful situations ranging from exam pressure to relationship problems, from homesickness to managing finances. Quotes and case studies from previous students illustrate how problems have been dealt with in the past, and a number of coping techniques and exercises are provided to help prepare students for the transition into and through university life.

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Editorial Review

About the Author

Professor Stephen Palmer PhD is an award winning psychologist. He is Founder Director of the Centre for Coaching and Centre for Stress Management, London. He is the UK's first Visiting Professor of Work Based Learning and Stress Management at the Institute for Work Based Learning, Middlesex University.

He has authored over 225 articles and 40 books on counselling, psychotherapy, cognitive behavioural therapy, coaching and coaching psychology, and stress management. He is UK Coordinating Editor of International Coaching Psychology Review, Executive Editor of Coaching: An International Journal of Theory, Research & Practice, and Consulting Editor of the International Journal of Health Promotion of Health Promotion & Education.

He is actively involved in a number of professional bodies. Currently he is Honorary President of the International Stress Management Association (UK); President of the International Society for Coaching Psychology; Founder Co-Chair of the London Branch of the British Association for Behavioural & Cognitive Psychotherapies; a Founder Director and Vice President of the Society of Dialectical Behaviour Therapy; a Director and Deputy Chair of the Association for Rational Emotive Behaviour Therapy. He is a Former President and now Honorary Vice President of the Institute for Health Promotion & Education. He was the 1st Chair of the British Psychological Society Special Group in Coaching Psychology and was the 1st Honorary President of the Association for Coaching.

His interests include jazz, art and coastal walking.

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