

Sarah's Strategy for Online Class Anxiety

The Challenge:

Sarah was a university student whose courses had moved entirely online. Initially, she liked the flexibility, but soon she was feeling overwhelmed by the unstructured nature of her days. With a short attention span, she found it difficult to focus during long lectures in her distracting home environment.

She would feel nervous before every live session, her anxiety spiking at the thought of being called on in class. This fear made it impossible for her to focus on the lesson. Feeling isolated, she desperately wished she had someone to talk to who understood the pressure. Unable to find a good way of expressing my emotions during the stressful live sessions, she felt her anxiety build up with no release.

The Solution and Outcome:

Realizing she needed a change, Sarah used strategies to regain control.

Organizing to Overcome Feeling Overwhelmed:

Sarah started using a planner to schedule her days, breaking down her study time into smaller, manageable blocks to accommodate her short attention span.



Building a Support System:

She reached out to a classmate, and they formed a virtual study group. This gave her someone to talk to about assignments and anxieties. The group became a great resource, allowing her to get help fast when u need help instead of struggling alone.

Managing Participation Fear:

To address her fear of being called on in class, Sarah began writing my feelings in a journal after each class. This helped her process her nervousness. In class, she started small by using the chat function before eventually feeling comfortable enough to unmute her microphone.

By creating a structured environment and building a support network, Sarah successfully managed her online class anxiety and began to thrive in her virtual learning environment.

