



WINTER NEWSLETTER

North Carolina Comprehensive Community College Student Government Association

LEGISLATION UPDATES

SB 692

The original bill that aimed to remove SGA presidents from their schools board of trustees has since been rolled into the budget. This budget, that passed in September, contains wording that allows each individual school to call for the removal of their student trustee at any time. N4C has drafted and will be sending out a letter to all 58 community colleges imploring them to take a formal vote to keep the SGA president in their seat as an ex-officio member. More updates to come as progress is made

HB 715

This bill, which aims to limit what clubs and organizations are allowed to receive funding from schools, has seen little progress in the house. Having been re-referred to the committee on Education, the bill seems to have died or at least be in limbo for the time being. More updates to come as things change

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www.N4CSGA.org

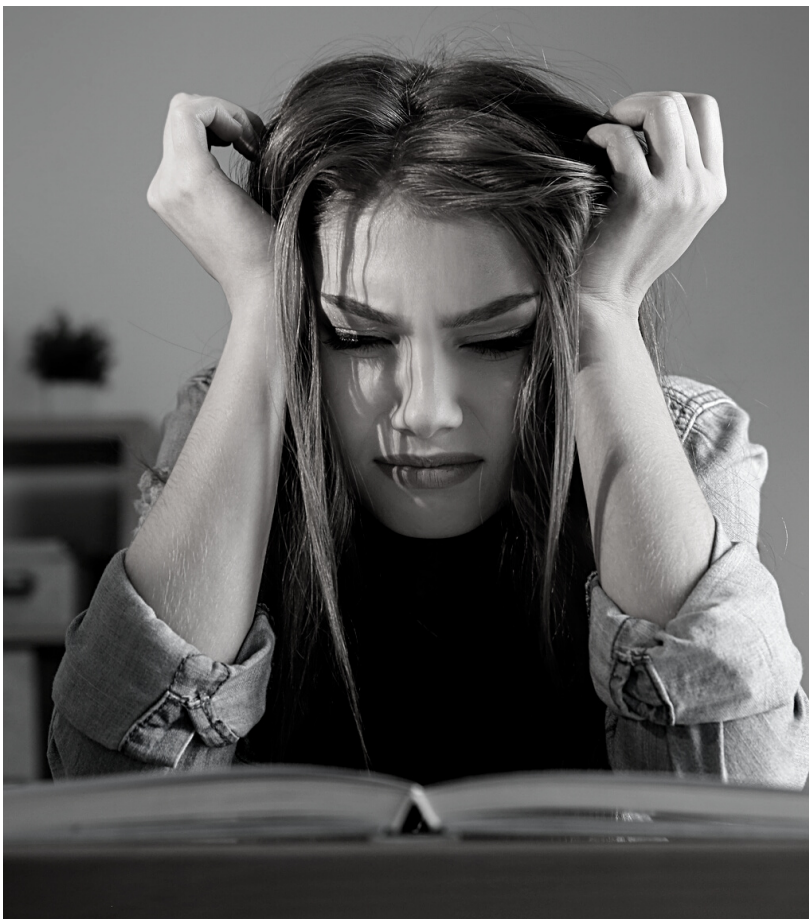
New Board Members
THE N4CSGA EXECUTIVE HAS 2 NEW MEMBERS.
-Kevin Reza Villa-
Local Interactions Chair
-Dani Weiss-
Special Populations Chair
KEEP AN EYE OUT FOR THEIR PROFILES ON OUR INSTAGRAM



Featured Article

NAVIGATING THE STORM: COLLEGE STUDENTS AND THE STRUGGLE WITH TEST ANXIETY

PRESIDENT
ANTHONY PILE



In the high-pressure environment of academia, college students often find themselves grappling with the weight of academic expectations, social dynamics, and the ever-looming specter of exams. Test anxiety, a common mental health challenge among students, can significantly impact their overall well-being and academic performance. The college experience is a time of transition, marked by newfound independence, diverse social interactions, and academic rigor. As students navigate through this transformative period, the pressure to excel in exams becomes a formidable challenge, leading to heightened levels of stress and anxiety. Test anxiety, characterized by excessive worry, fear of failure, and physical symptoms such as increased heart rate and nausea, can cripple a student's ability to perform at their best.

One of the primary contributors to test anxiety is the fear of failure and its potential consequences. College students, driven by a desire to meet societal expectations and secure a promising future, often place immense pressure on themselves. This pressure can manifest as test anxiety, undermining the very academic success they strive to achieve. The fear of disappointing oneself, family, or peers can intensify stress levels, creating a cycle of anxiety that hinders performance rather than enhancing it. The competitive nature of college environments exacerbates these challenges. Students may feel compelled to measure up to their peers, fostering a constant sense of comparison and self-doubt. This hyper-competitive atmosphere can intensify test anxiety, turning what should be a healthy pursuit of knowledge into a source of debilitating stress. Colleges and universities recognize the importance of mental health and are increasingly implementing support services to address the unique challenges faced by their students. Counseling centers, workshops, and resources specifically tailored to managing test anxiety are becoming more commonplace. These resources aim to equip students with coping mechanisms, stress-reduction techniques, and strategies to reframe their mindset towards exams. Educational institutions also play a crucial role in normalizing discussions around mental health. By fostering an open dialogue, colleges can reduce the stigma associated with seeking help, encouraging students to reach out for support when needed. Creating a culture that prioritizes mental well-being is essential in empowering students to overcome the challenges they face, including test anxiety. In conclusion, addressing the mental health of college students, particularly concerning test anxiety, is paramount for their overall success and well-being. By recognizing the unique pressures faced by students, providing targeted support services, and fostering a culture of open communication, colleges can contribute to creating an environment that promotes academic achievement while safeguarding the mental health of their students.

~Upcoming Events~
Spring Division Meetings
February 17th