



May 18th, 12:00 AM - May 22nd, 12:00 AM

## Reducing stress for student journalists

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Kazel, Melody, "Reducing stress for student journalists" (2020). *Scholars Week*. 51.  
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# Reducing Stress for Student Journalists

**Hypothesis:** Stress levels are high

## Method:

1. Release a [survey](#) analyzing student stress while taking *The Western Front*
2. Use data to create solutions to [stress](#)
3. Release survey quarterly to examine effectiveness of solutions

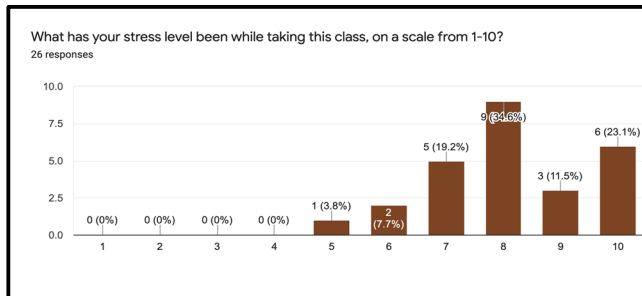
## Potential Error:

- Questions 8 & 10, show **ranked** stress/satisfaction levels of certain aspects of the class
- Students felt this did not represent the stress levels fully

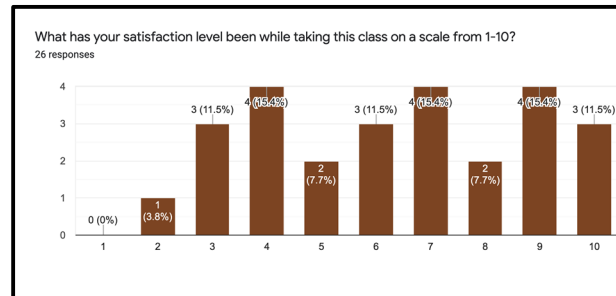
## Contributors:

Thank you to my professor, Betsy O'Donovan, *The Western Front*, and Western Washington University for sponsoring this project.

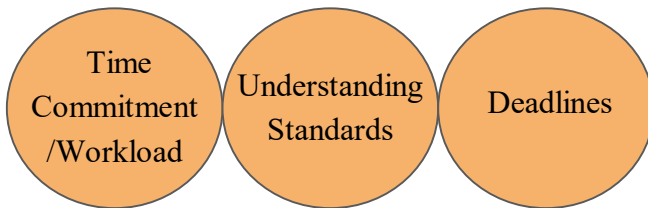
## Stress Levels



## Satisfaction Levels



## Causes of Stress



## Causes of Satisfaction



## Applied Solutions

- ❖ Story-a-week requirement changed to [portfolio-based](#) grading
- ❖ More detailed guidance added to the [syllabus](#)
- ❖ Pre-assigned news beats
- ❖ Twice-weekly editor check-ins
- ❖ Pre-recorded problem-solving videos