Reducing stress for student journalists

Melody Kazel
Western Washington University

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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**

```
What has your stress level been while taking this class, on a scale from 1-10?
26 responses
```

<table>
<thead>
<tr>
<th>Stress Level</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 - 3</td>
<td>1(4%)</td>
</tr>
<tr>
<td>4 - 6</td>
<td>2(7.7%)</td>
</tr>
<tr>
<td>7</td>
<td>5(19.2%)</td>
</tr>
<tr>
<td>8</td>
<td>3(11.5%)</td>
</tr>
<tr>
<td>9</td>
<td>6(23.1%)</td>
</tr>
</tbody>
</table>

**Satisfaction Levels**

```
What has your satisfaction level been while taking this class, on a scale from 1-10?
26 responses
```

<table>
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<tr>
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<th>Count</th>
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**Causes of Stress**

- Time Commitment/Workload
- Understanding Standards
- Deadlines

**Causes of Satisfaction**

- Interviewing Sources

**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

Poster and project created by Melody Kazel
melodykazel@yahoo.com