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Reducing stress for student journalists

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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

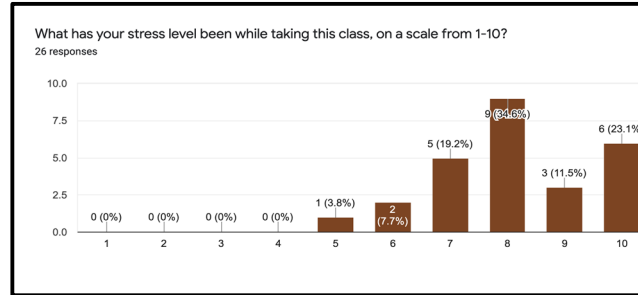
Potential Error:

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

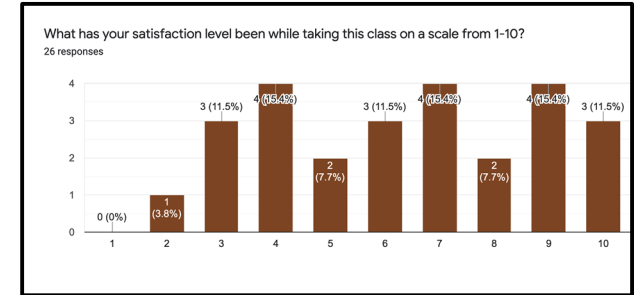
Contributors:

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

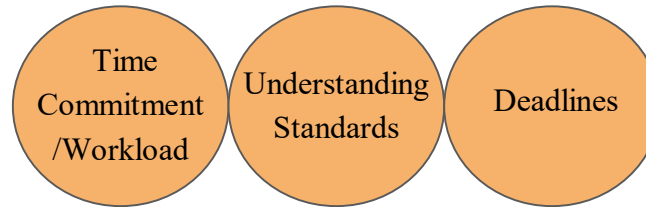
Stress Levels



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