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How to deal with peer pressure? College students are often obsessed by peer pressure from their classmates or schoolmates. Facing others' hard work and good performance in academic and other aspects, many students feel great pressure. Then, how to deal with this kind of peer pressure? The following measures can be taken. First, you should take a careful look at your present level and set a practical object.

You needn't always compare yourselves with those on the top and just make your efforts towards your object. Second, under peer pressure, you shouldn't feel discouraged and pressed. Instead, you should make it your motivation for harder work. Finally, if you find pressure is nearly beyond your control, you'd better turn to professional psychological guidance. As a college student, I have no way to avoid peer pressure, so I try to figure out the way to do with it well. I set my own goal, including my practical level and my position among the peers. Because of my focus on my own goal, I have no time and energy to think about the pressure. So I'm little troubled by it. To conclude, we should not escape from peer pressure, but learn to make best use of it, since it can hardly be avoided. 相关链接

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