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How should college students relieve pressure? Today ' s college students face many pressures, mainly from parents ' expectation, study, economy, employment and all kinds of competition. Although pressure, to some extent, can provide motivation, overdue pressure has a serious negative affect. Pressure can destroy a student ' s confidence. More seriously it might make some students lose control of their emotions and behaviors.英语四级英译汉的目的,要求和评分 Considering the great damage of overdue pressure, college students should learn how to relieve pressure. First, we should have a right evaluation of ourselves, so it ' s to make use of advantages and avoid disadvantages. Second, we should set a clear aim of struggle. The aim can give us motivation and make us become active. Third, attending collective activities is an effective way to relieve pressure. Finally, if you find pressure is nearly beyond your control, you ' d better turn to professional psychological guidance. As to me, my pressure is mainly from future employment. In order to reduce upset, I ask my parents to help me analyze my advantages and disadvantages and produce more practical job objection. So my employment pressure has been relieved greatly. Now I become very confident in my future, and I do believe I can get an ideal job after my graduation. 相关链接： 09年6月英语四级考试试题 答案(文字版) 2009年6月20日英语六级标准答案公布 2009年6月英语六

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