**Stressors, Health Related Goals, and Coping**

Capitalize, bold and centre the title.

No heading is used before the introduction.

To conquer the negative effects of stress, one must begin with a single step in their journey into the School of Nursing. This can be accomplished by setting goals and learning to cope appropriately with varying stressors. There were three initial stressors influencing my successful transition into the School of Nursing at Trent University, and they were financial, health, and social support networks. A health-related goal was set for the creation of social support networks and the maintenance of my health. A theoretical model was implemented to aid in accomplishing each goal, and coping mechanisms were put in place. Together they served to turn the stressors into motivators for success as a nursing student and for my overall well-being.

Indent the first line of each paragraph 0.5 inches (1.27 cm).

During the first few weeks at Trent, social support networks created a great deal of personal stress. This was due to the fact that I am classified as a mature student, and I was entering a new school where I did not know anyone. When looking back on my experiences since September, I applied to this issue the Transtheoretical Model of Change (TTM) (Mauriello et al., 2007). This model served to assist with the creation a social support network at Trent. Studies have demonstrated the effectiveness of TTM in reducing stress and have found that females were more likely to practice and acknowledge the benefits of reduced stress through implementation of the TTM (Mauriello et al., 2007). I developed a realistic, measurable goal of making a few close friends within nursing and to have at least one close friend come the end of September. This helped reduce the stress that I felt towards the desire to fit in. The pre-contemplation stage of the TTM is exemplified by my lack of awareness of the stress I would soon endure when school began (Hall, 2009). I was in this stage during the summer prior to the onset of school. Once school began, I entered into contemplation. At this point I began, as all

In thought papers and reflective papers, it is acceptable to write in the first-person.

The first reference to an acronym should include all of its words.

Include in-text references for any information summarized or paraphrased from another source. All sources referenced in the text of your paper must be included in the Reference list.