



# Coping Strategies

## Problem

## Ranking

Easiest to find coping strategy = 1

Hardest to find coping strategy = 10

Hetty is worried because she needs to find affordable housing close to campus to reduce transportation costs and accommodate her limited budget.

Mark is struggling to balance his part-time job and academic workload to cover his living expenses and tuition fees.

Naomi needs to find alternative sources of funding or scholarships to bridge the financial gap between her student loan and her monthly spending or she might need to drop out.

Xavier is grappling with the rising costs of textbooks and course materials.

Julian is struggling to find opportunities for paid internships or work experience to supplement his

Anisah is stressed because she needs to balance limited funds for healthy meals and must find cost-effective ways to maintain a nutritious diet.

Ffion is looking for innovative ways to save money on transportation to get to campus.

Connor is seeking guidance on managing a gambling addiction and establishing a plan for responsible spending.

Thomas is exploring part-time freelancing opportunities to earn extra income and contribute towards his education expenses.

Jessica is faced with unexpected financial emergencies as the sole carer for her Mother. She must devise a

strategy to build an emergency fund and handle

unforeseen cost while maintaining good grades