

Supporting Student Academic Success and Well-Being: Managing Stress in Times of AI and Digital Overload

In times of rapid digitalization and artificial intelligence, supporting students' mental health is more crucial than ever. Their technological environments enhance learning opportunities, but they also bring challenges like academic pressure, confrontation with (fake) news in social media or an adequate AI-use for their studies. Navigating these challenges requires emotional resilience, critical thinking, and coping strategies to manage study stress.

This pilot study examines stress and academic performance in $N = 86$ students with different personal risk factors such as hypersensitivity, anxiety, procrastination and stress mindsets, using correlation and moderated mediation analyses.

Results stress the detrimental role of stress and stress-associated behaviour like anxious behaviour and procrastination for academic performance. They also identify students with hypersensitive symptoms to be at risk for study stress, especially when stress is evaluated to be debilitating.

Therefore, strategies for managing respective risk factors in order to support students in successfully completing their studies shall be discussed:

- Which challenges brings AI-use for students' well-being and academic success?
- What is the role of stress? Is it good or bad?

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