

Outrageous College Student Addictions

APPLYING FOR SCHOLARSHIPS: STUDY AT YOUR OWN RISK

Writer & Designer Sarah Mondello

This week on College Student Health 101, we will be raising awareness for a new student group on campus run by students: NA, or Nerds Anonymous. Academic nerds, that is. Sorry alcoholics – you'll get a page next week. We promise. Anyway, back to you nerds. If you are having a meltdown, don't hesitate to dial the number at the bottom of this page. In fact, if you are a chronic straight-A student, often derogatorily dubbed an "overachiever" by the jealous students with lesser GPAs than your own, I suggest that you copy this number into your cellular device right now. Ready? It's simple:

1 (555) 338-NERD

Now, where were we? Oh, yes. Academic nerd addictions. Just because you are intelligent does not mean you are immune to psychological disorders. In fact, even more so if you are as addicted to getting good grades as that guy is over there with his booze (again, so sorry, Robbie. We'll talk next week, I promise.)

If you suffer from at least two of the eight listed symptoms, then for the sake of all that is pure and sacred, keep reading! If not, then you have nothing to worry about and can continue to go about your day being a normal, intelligent kid.



For those of you that remain, everything from here on out will ring very true for you, unfortunately. Even the absurd statement from a student testimony (asked to remain anonymous, for obvious reasons) will resonate with your crazed nerd brain.



1. **Compulsive need to apply for scholarships / partake in school work**
2. **Sacrificing sleep to do more work**
3. **Sacrificing social activities to do more work**
4. **Spending all your nights and weekends doing nothing but work**
5. **Your self-esteem is dependent on grades (anything less than an A is as good as failing)**
6. **Stress levels rising through the roof over all the work you have to do**
7. **Tightening chest sensation due to said stress**
8. **You are perpetually mentally drained**

Applying for scholarships becomes addicting. You get addicted to achieving. To the sense of accomplishment. To do each and every one that crosses your path. No matter the painstaking, hair-pulling, stress-riddled, sleep-deprived hours it takes to get there.

It's worth it. All the detriment to your health is worth fueling the addiction.



Think about it. You've already done all the work required for one (and, believe me, it is a bucketload of work): belted out four stock essays covering every imaginable topic out there, badgered teachers and organization advisers for letters of recommendation, grilled your parents for the intricate details of their finances, compiled a detailed list of your intensive involvement in community service and extracurriculars, etc. And, last but not least, maintained your 4.0 GPA.

Let's face it. Those first two scholarships were hell. But now that you've done the lion's share, everything else is (still intense, no doubt) gravy! Two became four, then ten, then twenty, and before you know it you've maxed out at over *fifty full-blown scholarships* and you're devoting every free moment of your time to applying. Your grades are suffering and you can't stop because you love the thrill – the satisfaction you receive at compiling the required materials all neat and tidy and sealing the envelope to yet another scholarship package. The sense of accomplishment is rewarding, and the lure of more successes waiting to happen is just too irresistible. Yet it feels almost compulsive. Whatever shall I do?

— Self-Professed Scholarship Addict



Sounds like you are yet another number in the growing SPSA population crawling campus these days. I advise you to meet one-on-one with one of our *success counselors* who will get you back on track toward pursuing only *healthy* success. Our therapists are 100% guaranteed to show results in the next six months, for this is a very serious psychological problem. But if meeting with them is too much for you and the stigma of needing therapy for your addiction is overpowering, then I suggest calling the hotline, whose number you should already have stocked in your smart device. Lines are managed 24/7, five days a week, nine months a year.

But just in case you were too busy applying for yet another scholarship (in the five minutes it takes to read this study) to bother wasting the precious few seconds of entering this number into your phone's database, here it is again:

1 (555) 338-NERD

Call it! Or suffer the consequences to your health . . .

Sincerely,

NA (Nerds Anonymous)

