

Special Issue

Stress Management and Student Well-Being

Message from the Guest Editors

Original research articles and review are welcome.

These may include (but are not limited to):

- The evolving nature of stressors in the educational realm;
- The interplay between individual coping strategies and institutional support;
- The role of educators in recognizing, addressing, and mitigating student stress;
- Best practices and interventions that promote mental health and resilience among students.

Themes include:

- Types of student stress: understanding the nature of stress experienced by students, including everyday micro-stressors to life events;
- Digital age and student wellbeing: the impact of technology, social media, and online learning on student mental health;
- Transition-induced stress: challenges faced during transitions, such as from primary to secondary education or from high school to college;
- Role of educators: pedagogical strategies, training, and awareness initiatives for teachers to support student wellbeing;
- Cultural and societal influences: the role of societal expectations, peer pressures, and cultural norms in shaping student stress;
- Innovative coping strategies: exploring both traditional and novel approaches students adopt to manage stress.

Guest Editors

Dr. Valerie Sotardi

Dr. Jinjing Fang

Dr. Xin Ren

Deadline for manuscript submissions

closed (31 December 2024)



Education Sciences

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Impact Factor 2.6
CiteScore 5.5



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About the Journal

Message from the Editor-in-Chief

From its first issue in 2011, *Education Sciences* (ISSN 2227-7102) has grown as a scholarly international open access journal. Its aim remains to publish extended full-length research papers that have the scope to substantively address current issues in education. As a member of the Committee on Publication Ethics (COPE), our goal has been to disseminate high quality research. Our publisher, MDPI, takes the responsibility to enforce a rigorous double-blind peer-review together with strict ethical policies and standards to ensure to add high quality scientific works to the field of scholarly publication.

Editor-in-Chief

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Author Benefits

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Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 29.2 days after submission; acceptance to publication is undertaken in 3.9 days (median values for papers published in this journal in the first half of 2025).