

7 SYMPTOMS OF SOCIAL ANXIETY IN GEN Z LEARNERS

Look for these symptoms of social anxiety in your Gen Z students, a group that is especially prone to stress.

- 1 Blushing, sweating, or shaking when in front of others or in groups
- 2 Reports of a racing heart
- 3 Lost train of thought when communicating
- 4 Self-consciousness or easily embarrassed
- 5 Reports of nausea or feeling sick if asked to perform a task
- 6 Lack of eye contact and/or inordinately soft-spoken
- 7 Absence from class/avoiding groups.