

Campus Calm University

Maria Pascucci, the college student's Stress-Less Life Coach, is the founder and president of Campus Calm and The International Campus Calm University student association. She serves as a College Stress expert for Come Recommended and is the editor of the Campus Calm department within FyeBye Magazine (For Young Entrepreneurs By Young Entrepreneurs). She's also a member of the International Association of Web Entrepreneurs, the National Association of Women Writers and the Association for the Promotion of Campus Activities.

A former college perfectionist, summa cum laude graduate and stressaholic, Maria is a trailblazing young entrepreneur on a mission: to spread a dose of "campus calm" to stressed-out students worldwide. Campus Calm has been featured in The Chronicle of Higher Education and has attracted subscribers from all around the world. Maria's website is www.campuscalm.com.

Maria also offers tips and support for parents of students in high school and college to empower them to provide their children with support and tools to make their educational experience less stressful and more enjoyable.

Valuable Worksheets for Parents and Students

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Affirmations for college students

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Affirmations for high school students

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Campus Calm Webinar Worksheet

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Who Am I? for Students

When you click this link to purchase her book, 20% will go back to NAMC to support the work we do to provide programs for mothers and families.