**Purpose statements**

The purpose of the research study is to encourage and promote behavioral health and increase resilience among undergraduate students at Towson University in Baltimore, Maryland.

## ***Research Question***

## Will stress influence the academic performance of undergraduate students at Towson University in Baltimore, Maryland?

***Hypotheses***

*Ha:* Stress will influence the academic performance of undergraduate students at Towson University in Baltimore, Maryland

*Ho:* Stress will not influence the academic performance of undergraduate students at Towson University in Baltimore, Maryland.