



# Study Techniques Learning Pathways

## Stress Management\*

Activities									Assessments		
Read/(Books)			Watch/(Videos) Listen/(Audiotapes)			Explore (Internet/Computer Software)			Reflect		
Do	What	How	Do	What	How	Do	What	How	Do	What	How
O	<i>On Course</i> Chapter 8	Read	O	<i>Letting Go of Stress (Yoga)</i> (V)	1. Watch 2. Take notes	O	<a href="http://www.uhs.uga.edu/stress/">http://www.uhs.uga.edu/stress/</a>  <a href="http://stress.about.com/od/studentstress/ht/schoolstress.htm">http://stress.about.com/od/studentstress/ht/schoolstress.htm</a>  <a href="http://ezinearticles.com/?Stress-Management-Among-Students-in-Universities&amp;id=539247">http://ezinearticles.com/?Stress-Management-Among-Students-in-Universities&amp;id=539247</a>  <a href="http://stress.about.com/">http://stress.about.com/</a>	1. Read/Review the sites. 2. Write a short summary of at least three articles you read.	O	Draw two columns. In one column, list all of the suggestions you learned. In the second column, explain what you normally do when experiencing stress.	Take 30-60 minutes and write a reflection explaining how what you learned relates to your own stress mgt. skills and what you will commit to doing differently in the future.

O	<b>Power Learning</b> Chapter 14	Read	O	<i>The Joy of Stress (V)</i>	1. Watch 2. Take notes	O	<a href="http://students.georgiasouthern.edu/counseling/workshop/stress/stress01.html">http://students.georgiasouthern.edu/counseling/workshop/stress/stress01.html</a>	1. Read through the online workshop. 2. Complete the assessments included. 3. Write a summary of what you learned about stress. 3. Make a list of strategies to assist you in managing stress.	O		
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\*NOTE: Additional resources related to this subject can be found under Test Taking and Test Anxiety.