

# SKILLS DEVELOPMENT ASSIGNMENTS FOR STUDY TECHNIQUES

## Stress Management

### Reading Assignment

Request the following textbooks:

**On Course: Strategies for Creating Success in College and in Life (Subsection – Reducing Stress)**

**A Pocket Guide to College Success – Staying Healthy and Reducing Stress**

Read the selected chapters pertaining to stress management and take notes while you read.

### Internet Assignments

Internet Video Lessons – Review the following online videos. Take notes while you watch.

[Coping with Stress](#)

[Taking Control: Strategies for Coping with Stress](#)

[Letting Go of Stress: A Guide to Achieving Deep Relaxation](#)

[Happier Women: 25 Ways to Reduce Stress](#)

### Application of Learning

Draw two columns. In one column, explain what you normally do when experiencing stress. In the second column, list three stress management suggestions from the information you learned. Follow the three suggestions you stated you would commit to for one week.

### Assessments

Ask your Skills Development Instructor for the final reflection for this assignment entitled *Reflection is Part of Learning*.