



Tech 101-A Self Awareness

Unit 1-5: Coping with Anxiety

STUDY GUIDE

1. Review course structure.
2. Read tips on test anxiety found at <http://www.studygs.net/tstprp8.htm>. After reading the material, scroll down to the bottom of the page and click on “Mastering One Test”. Read the materials and do the corresponding activities. Continue to do so with the rest of the categories found at the bottom of the page: “General Test Preparation,” “Anticipating Test Content,” “Review Tools for Tests,” “Organizing for Test Taking,” “Cramming,” and “Emergency Test Prep”.
3. Write a short one-page response paper on what you learned about test anxiety and how you will implement it in your studies.
4. Read “Tips to Manage Anxiety and Stress,” found at <https://www.adaa.org/tips-manage-anxiety-and-stress>.
5. Read information found at <http://www.bu.edu/today/2015/college-students-anxiety-and-depression/>.
6. Read information found at <http://www.learnpsychology.org/student-stress-anxiety-guide/> and take the quiz. What were your quiz results? What does the information on the page suggest you do to deal with your stresses? Which solution will you implement? Hand in your responses to your instructor. At the end of term, revisit your stresses/solutions. How did the coping skills you implemented improve your academic performance? (Hand in second set of responses at the end of semester).
7. What do you think some stress factors of working in industry are? How can you implement the coping mechanisms of stress and anxiety when working in industry? Write a one-page report and hand in to instructor.





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