Psychology

Assignment for the week of April 27, 2020

1. Review the Stress Power Point (Slide #22 - #25)
2. ​Study Slide #22 - Appraising the Situation
3. Why do you think that some people can handle stressful situations better than others?
4. ​Study Slide #24 - Life Changes
5. What life changes do you fee have the most significant impact on a persons life?
6. Click on the link to TEST YOUR STRESS, [STRESS TEST](https://www.bemindfulonline.com/test-your-stress).
7. ​Do not email me you articles, I am not permitted to grade them for this class
8. If you have any questions, email me.  PMason@battlinminers.com