

Assessment 3.0 Stress Survey

Possible points: 10

You need to interview a total of 10 people (5 teens and 5 adults) for this assignment. Ask each person their name, what their stressors are and what they like to do to reduce their stress.

Write down their responses in your journals:

Example:

Name/Age:

Stressors:

How They Reduce Stress:

Assessment 3.1 Stress in My Day

Possible points: 10

Now let's take a look at your stressors. In this assessment list typical things that happen in your day. List 3 - 5 stressors in each category through out your day. Record in Journal.

Before School:

During School:

After School - to Bedtime:

Assessment 3.2 Reflection

Possible Points: 5

Return to Assessment 3.0. Write about what you have learned from these individuals. Write a reflection and what recommendations could you make to the people you interviewed that could be helpful.