

Course: HUMA 50

Instructor: S. Woo

CLASS FINAL: Group Presentation on “STRESS REDUCTION”

In your assigned group will have approximately 4 weeks to prepare for your presentation on STRESS. Including, but not limited to, (1) research on a stress reduction technique that we learned in class (2) what stress looks like to each of you AND (3) what stress reduction looks like to you. This is your class final!

Directions:

-As a group, you will show the class what stress and stress management look like to you and your group.

-You will research and present on one of the areas we worked on in class (ie...guided imagery, mindfulness, expressive meditation, etc..) which will be randomly assigned to your group.

-You must cite at least 3 sources (other than Wikipedia). One of your 3 sources can be a random survey of at least 25 participants

-Please be as creative as you wish in your presentations. For example, you can make a collage, create a video, perform a skit, etc... If you can not agree on how you wish to present, then take a vote.

The total possible points to be received is 20 and each group member will individually receive the amount that their group earns.

Grades/points will be based on the following criteria:

- (1) Overall quality of the presentation
- (2) Creativity & Organization
- (3) How much of it relates to what you have learned in class and citing at least 3 sources.
- (4) Group participation (everyone must have a part)
- (5) Sticking within the allocated 20 minutes (not to go over or under)
- (6) Turning in a brief description of what you will be doing and a list of all group members names ***the week prior***