Course: HUMA 50

Instructor: S. Woo

***Group Presentation and paper on STRESS and STRESS REDUCTION***

In your assigned group will have 4 weeks to prepare for your presentation and write a short paper on STRESS.

**Directions:**

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

-You can focus on one area or multiple areas, but need to somehow relate it to what you have learned in this class.

-Please be as creative as you wish in your presentations. For example, you can make a collage, create a video, perform a skit, etc...

The total possible points to be received is 15 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

(3) Organization

(4) How much of it relates to what you have learned in class

(5) Group participation (everyone must have a part)

(6) Sticking within the allocated 10 to 15 minutes (not to go over or under)

(7) Turning in a brief description of what you will be doing and a list of all group members names ***the week prior***

**3 page paper on STRESS:**

Also due the week following your group presentation is your 3 to 4 page paper on what stress is and what stress reduction looks like to you. This is your opportunity to share your individual thoughts with me

Your paper will be graded on:

-Content, how much of it related to what you have learned in class and how well you understand the techniques you have learned in class. Therefore, it is important to use the correct terminology for the techniques

-Grammar and punctuation (based on the recommended English level for this course)

-Typed and double spaced in 12 point New Times Roman Font

**\*Please see the assignment sheet for specific dates and deadlines and remember YOUR MUST TURN IN YOUR PAPER ON TIME TO RECEIVE CREDIT!**