

## ENGR A151 - Introduction to Engineering - Fall 2012

### Homework #9

- a) Read the handout "Stress and the College Student" (posted on blackboard)
- b) Do the "How do you respond to stress" test on page 3. Write a 1 page reflection on effective ways of coping with your stress reactions.
- c) Determine your stress score using the test on page 7. Write a short paragraph what this score tells you.

### Submission Instructions

Homework #8 needs to be submitted as one doc(x) or pdf file on blackboard. Name the file as follows, substituting your last and first name for "lastname" and "firstname":

lastname\_firstname\_ENGR151\_HW9

If you have not submitted assignments through blackboard before, the following link provides instructions in using blackboard:

<https://kb.uaa.alaska.edu/Wiki%20Pages/Blackboard%20Student%20Resources.aspx>

**Tip: Just use this document and add your answer above (delete the submission instructions).**