MANAGING ACADEMIC STRESS

ACTION PLAN

Three of my major stresses which I can do something about:
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

Three of my major stresses which I cannot do anything about or can do little about:
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

My plan for the coming week to do something about one of the three stresses listed above which I have control over:
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
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__________________________________________________________________