



Juggling Stress

Purpose: Metacognition is the ability to plan, monitor, and evaluate your learning processes, which is an important skill for academic success. This assignment is designed to give you practice using metacognitive skills. This assignment emphasizes evaluation and planning.

Knowledge: This assignment will also help you become familiar with the following important content knowledge in psychology:

1. Stressor
2. Stress management

Pre-writing: Identify 3 stressors in your life and how you handle them [i.e. stress management techniques you use]. Do you consider your stress management techniques to be positive or negative? Why?



Task Instructions:

Part 1: Your group will work together to juggle multiple tennis balls. Each ball represents a potential stressor. As the number of stressors increase, observe what happens within the group.

- Get into groups with an odd number of people
- Obtain multiple tennis balls from instructor
- Form a circle with all balls being within reach of designated person #1
- Person #1 begins by tossing 1 stressor (ball) to someone across the circle - this person (#2) tosses it back across the circle to the right of person #1, continue tossing the ball across until each person has caught & tossed (This is your pattern)
 - Stressor 1 represents the stress of physically starting your day
- Add a second stressor (ball) while the 1st stressor is still being tossed
 - Stressor 2 represents the stress of arriving at school
- Add stressor #3 (doing homework)
- Add stressor #4 (having a job)
- Add stressor #5 (relationships with friends)
- Add stressor #6 (relationships with family)

Part 2: Debrief the experience:

Our group starting dropping the stressors when.....

To deal with this, we.... (identify if each strategy was positive or negative)

What else could your group have done to positively and negatively deal with more stressors being added?

What stress management techniques from your reading could be used - both positive and negative?

When comparing these answers to my pre-writing, the parallels are....

Thinking about your reaction, what coping strategies do you think will be helpful in dealing with high levels of stress in the future?

Criteria for Success: I can identify stressors in my life and describe positive and negative ways of coping with them.



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