

上外版 选择性必修三 第一单元 第4课时
学案（学生版）

I. Brainstorming

Q 1: What is stress?

Stress is a physical and emotional reaction that people experience when they encounter changes in life.

Q2: What makes you feel stressed?

exams, scores, ranking, fiercer competition, homework, deadline, interpersonal relationship, family problem...

Q3: What are the effects of stress?

Positive	Negative
Motivate you to work harder	Cause anxiety and health problems
Improve your work efficiency	Cause emotional problems
Push you to accomplish greater things	Reduce work efficiency
...	...

Q4: How to cope with stress?

Listen to music

Do exercise

socialize with friends

Take deep breaths

II. Self-evaluation

1. Do you feel stressed?
2. What makes you feel stressed?
3. What symptoms do you have when feeling stressed?
4. How often do you feel stressed?

III. How to relax?

How would you like to relax and why?

Ways to relax

take deep breath

Reasons

help to relax

doing Taiji
sing a song

...

help to relax
help to relax

...

IV. Assignment

Make a presentation in groups with effective visuals

Give a presentation with effective visuals on how you'd like to relax.

Surf online for visual aids used in presentation

SCREEN