FYE Target Learning Area: Intellectual and Self-Management Skills
Lesson Subject: Common Read- Stress Management

Lesson Purpose:
- What do you hope to accomplish? I hope by the end of this LC students have more of an idea of what causes them stress, as well as how to deal with stress. I hope to tie in stress management with the Common Read, through a series of book discussion, activities, and videos.
- What do you intend students to learn as a result of this particular lesson? I hope for students to have more ways to cope and get through stressful situations. I also hope for students to see that there are many different types of stressful situations in one's life, and many of those situations are portrayed within the Common Read.
- Why are you addressing this now? As students going into their freshman year of college, coping strategies may change and their stress levels may increase. This would be a good time to get students to learn about how to cope with stressful situations, as well as open their eyes to the variety of life changes and stressful events. We will be using Marie Curie’s life as an example and as a discussion point.

Instructional Materials:
- Projector
- Paper
- Markers or colored pencils

Pre-meeting Materials/Student Assignments for class:
- Common Read, *Radioactive* by Lauren Redniss and come prepared to discuss
- Laptop or mobile device to access the Common Read

Lesson Outline/Activity:
CLOCK IN
Take Attendance

Check in Question: (3-5 min total)
- Tell me about a time when you were stressed out. How did you deal with that stress? What activities did you do to help you cope? Why is it important to manage stress?

Common Read Discussion: (20-25 min total)
- Marie Curie had many stressful events happen in her lifetime. We will be taking some time to discuss a few of them, while also relating them back to our own lives. Then, I will be splitting you into groups of 3-4, where you will find your own example of a stressful event in the book and how this can relate to us as college students.
- Example 1: Stress at Work-
  “My head is so full of plans that it seems aflame,” (Radioactive, 21). Marie Curie was a very innovative scientist, full of new ideas and thoughts. This may have led to a high volume of stress in her life, making her head “feel aflame.” Many times throughout college we feel we have so much going on in our lives and we are unsure how to manage this or cope with it. This leads to a lot of stress. Has your head ever felt “aflame,” from being too
stressed? How do we deal with stress at work? Why is it important to deal with stress at work? What are some problems that can arise from too much stress at work?

• Example 2: Stress in your Personal Life–
  “I was along with the coffin and I put my head against it...I spoke to you. I told you that I loved you and that I had always loved you will all my heart...It seemed to me that from this cold contact of my forehead with the casket something like a calm of an intuition came to me from which I would yet find the courage to live. Was this an illusion or was it an accumulation of energy coming from you and condensing in the closed casket which thus came to me as an act of charity on your part? My Pierre, I got up after having slept rather well, relatively calm. That was barely a quarter of an hour ago, and how I want to howl again—like a savage beast,” (Radioactive, 106). The following quote is from

• Pass out paper and makers and break students into small groups of 3-4. Look for an example of a stressful event in Marie Curie’s life. Use a quote or two to summarize. Discuss the following questions as a group: What made this event stressful? If you were in this situation, how would you cope with it? Then, have each group draw a summary of the event, trying to emulate the style of artwork within the book. Make sure to include your quote or a portion of your quote within the drawing. Have each group share what they did. An important note: these events do not have to be inherently negative; there are many other examples of “positive stressful” situations scattered throughout this book (the birth of a child, getting married, becoming a professor, etc.).

Show 15 min Ted Talk: “How to make Stress your friend” (20 min total)
  • https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend
  • Discuss the following: What kind of things did you take away from this video? How did your perception on stress change from this video? How will this impact your college career? Your personal life? Your work life?

Questions/Dismissal
CLOCK OUT
Next Class/Week:

Misc. Notes: