

ENGR Academic Coaching

Drop-in Hours:

- Wed 2-4pm
(ENGR 315)
- Fri 9-11am
(ENGR 316)

engcoach@uark.edu



SKILLS COACHING

1:1 HELP WITH THESE SPECIFIC SKILLS:

- Creating a study plan for an exam
- Prep and review strategies for an exam
- Creating a weekly schedule
- Learning strategies (note-taking, outlining, reading academic material)

Schedule Here



ACADEMIC COACHING

1:1 SUPPORT WITH THESE SUCCESS TOPICS:

- Identifying specific goals to create an individualized success plan
- Navigating campus life and resources
- Prioritizing questions, exploring future planning and areas of growth



CALCULUS COACHING

1:1 SUPPORT WITH SKILL DEVELOPMENT IN CAL I & II:

- Creating a study plan for a Cal exam
- Calculus prep and review strategies
- Cal specific learning strategies (note-taking, outlining, reading academic material)



Stress Management: Reset Our Stress Response

ENGR ACADEMIC COACHING TEAM

Class Goals:

- ▶ **Define Stress**
- ▶ Differentiate, **Stress VS Stressors**
- ▶ How to **Reset our Stress Response**
- ▶ Practical Strategies for **Stress Management**



WHAT YOU WILL NEED:

HALF SHEET OF PAPER AND SOMETHING TO WRITE WITH.

Stress is...

The way your mind and body react to changes, challenges, and threats.

- Stress is normal
- Not all stress is bad
- When ordinary stress becomes too much it turns into *distress*



THINK, PAIR, SHARE



How does your **mind** react to stress?

How does your **body** react to stress?

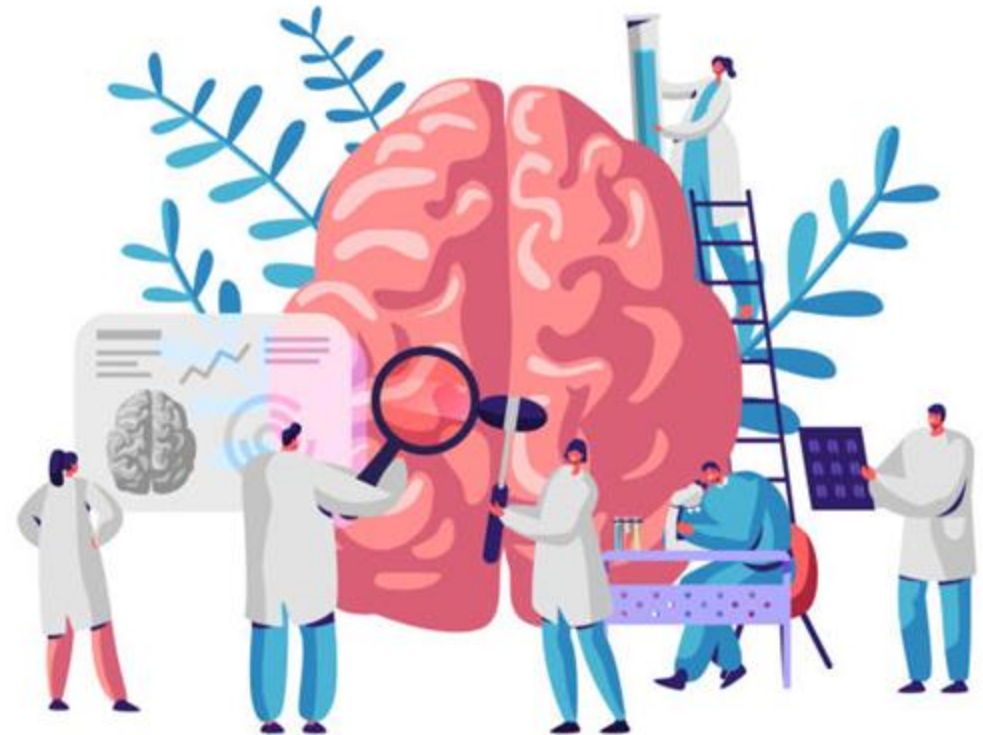
How do your **emotions** react to stress?

Learn how **your body tells you** that you are stressed.

This looks different for different people, and different situations.



Let's take a
moment to
examine the
science behind
stress...



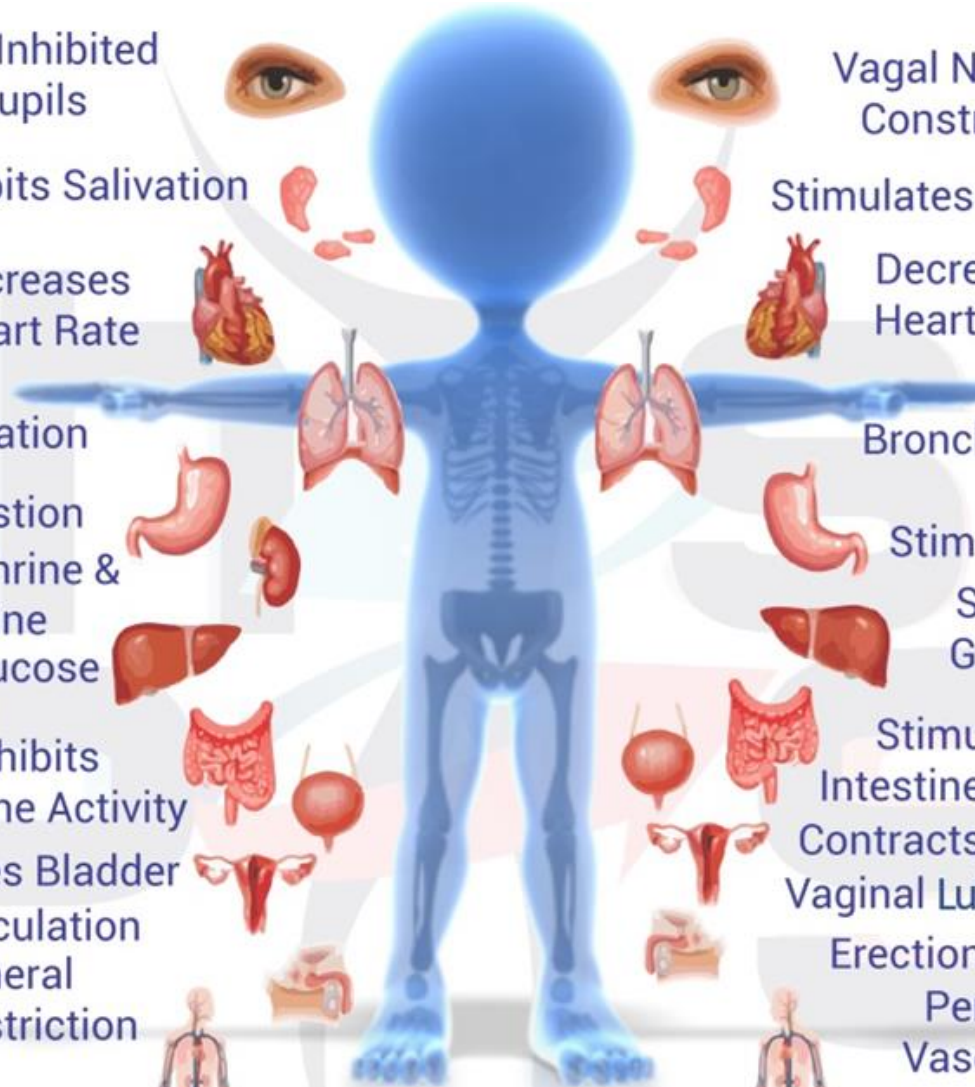
It has to do with the **autonomic nervous system!**

SYMPATHETIC

Nervous System Controls

Vagal Nerve Inhibited
Dilates Pupils
Inhibits Salivation
Increases Heart Rate
Bronchial Dilation
Inhibits Digestion
Secretes Epinephrine &
Norepinephrine
Stimulates Glucose
Release
Inhibits Intestine Activity
Relaxes Bladder
Ejaculation
Peripheral Vasoconstriction

KNOW AS YOUR FIGHT OR FLIGHT RESPONSE



Vagal Nerve Activity
Constricts Pupils
Stimulates Salivation
Decreases Heart Rate
Bronchial Constriction
Inhibits Digestion
Stimulates Gallbladder
Stimulates Intestine Activity
Contracts Bladder
Vaginal Lubrication
Erection
Peripheral Vasodilation

KNOW AS YOUR REST & DIGEST RESPONSE

PARASYMPATHETIC

Nervous System Controls

Differentiate stress from our stressors...

Stressor

Events or environments that individuals might consider demanding, challenging, and/or threatening individual safety:

- Work
- Money
- Children
- Commuting



Stress

Stress is the neurological and physiological reactions that happen in response to the stressors. Manifests the same way no matter what the Stressor is.

Your brain dumps chemicals in your bloodstream to aid **FIGHT, FLIGHT or FREEZE** response.

Q#1: What is Gronk's **stressor**?

Q#2: How does Gronk's body react to the **stress response**?

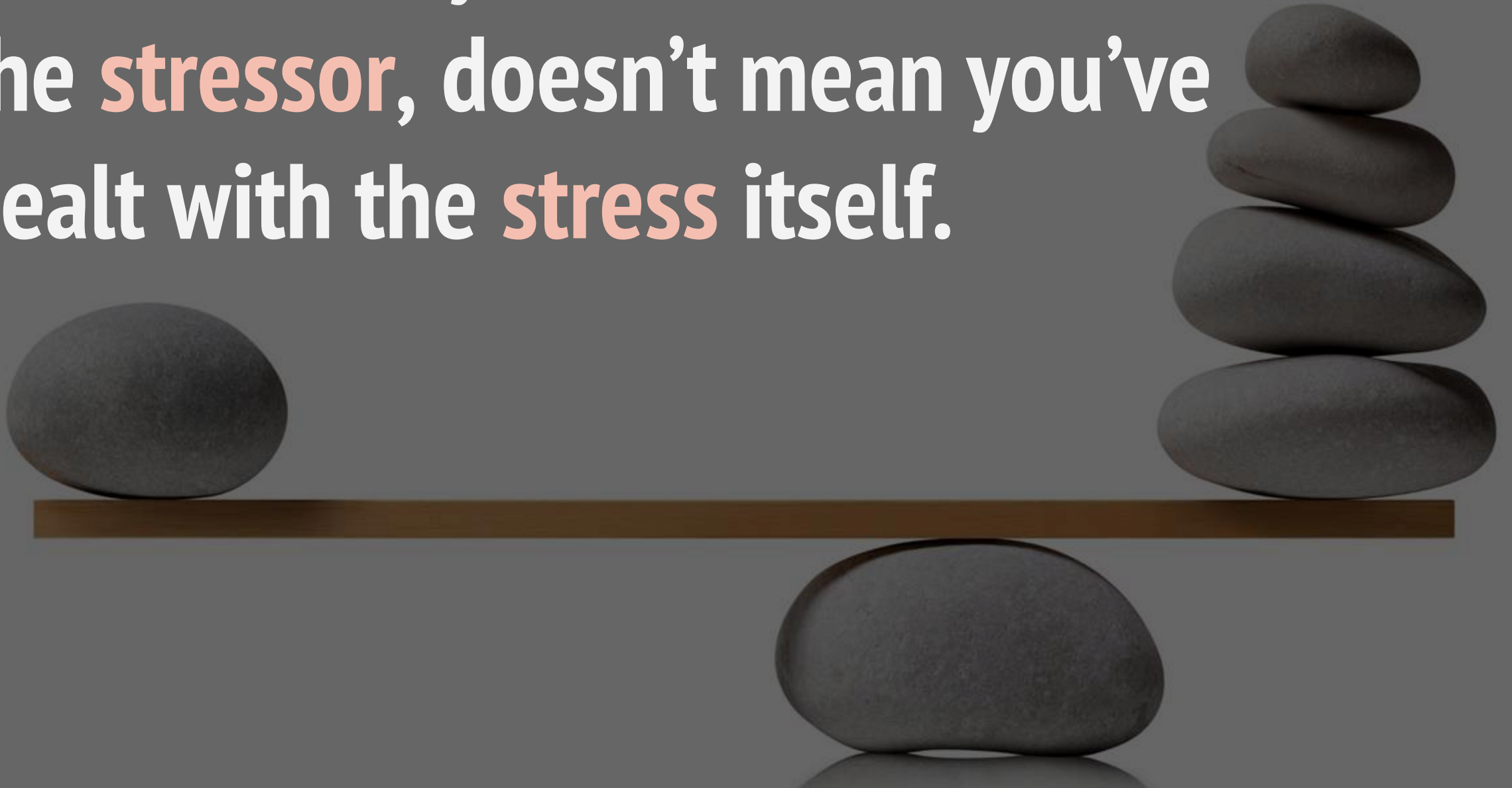
Q#3: Gronk **rests in his cave** to reset his stress response.

List the suggested ways we can reset our stress response.

- Write your answers on a sheet of paper. Add your name on top.



Just because you've dealt with
the **stressor**, doesn't mean you've
dealt with the **stress** itself.



Address the stress, not the stressor.

Your body has no idea what are final exams, overdue bills, relationships, and other **triggers**.

Your entire body and mind change in response to a **perceived threat** and produces a stress response.



How to **reset our stress response** to let our body know we are safe and the “**threat**” is gone.



Q #4: What is your favorite way to **build your own cave**?

STRESS MANAGEMENT IN YOUR LIFE



Practical Strategies:

How Can I Manage
My Stress?



Let's try practicing belly breathing!

STEP 1



Sit in a
Comfortable
Position

STEP 2



Close Your
Eyes

STEP 3



Breathe In Slowly
and Count to Five

STEP 4



Feel Your Belly Fill
with Air

STEP 5



Breathe Out
Slowly Through
Your Mouth

STEP 6



Repeat the Cycle
Five Times



Acknowledge **5** things
that you can see
around you.



Acknowledge **4** things
that you can touch
around you.



Acknowledge **3** things
that you can hear
around you.



Acknowledge **2** things
that you can smell
around you.



Acknowledge **1** thing
that you can taste
around you.

5-4-3-2-1 Grounding

Now check in with
yourself...

LAST ONE, Q#5:

WRITE DOWN WHAT YOU NOTICE.

Class Goals

DID WE CRUSH IT?

- ✓ **DEFINE STRESS**
- ✓ **DIFFERENTIATE, STRESS VS STRESSORS**
- ✓ **HOW TO RESET OUR STRESS RESPONSE**
- ✓ **PRACTICAL STRATEGIES FOR STRESS MANAGEMENT**

Sources:

Nagoski, E., & Nagoski, A. (2019). *Burnout: The secret to unlocking the stress cycle*. Ballantine Books.
<https://www.linkedin.com/pulse/strategies-combat-burnout-you-your-team-beth-grayston>

ENGR Academic Coaching

Drop-in Hours:

- Wed 2-4pm
(ENGR 315)
- Fri 9-11am
(ENGR 316)

engcoach@uark.edu

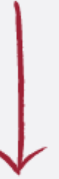


SKILLS COACHING

1:1 HELP WITH THESE SPECIFIC SKILLS:

- Creating a study plan for an exam
- Prep and review strategies for an exam
- Creating a weekly schedule
- Learning strategies (note-taking, outlining, reading academic material)

Schedule Here



ACADEMIC COACHING

1:1 SUPPORT WITH THESE SUCCESS TOPICS:

- Identifying specific goals to create an individualized success plan
- Navigating campus life and resources
- Prioritizing questions, exploring future planning and areas of growth



CALCULUS COACHING

1:1 SUPPORT WITH SKILL DEVELOPMENT IN CAL I & II:

- Creating a study plan for a Cal exam
- Calculus prep and review strategies
- Cal specific learning strategies (note-taking, outlining, reading academic material)





Sign-Out Survey:

“Stress
Management”
Drill