Learning Outcomes
Students who participate in Stress Management Workshops will [or will be able to]...

1. Identify the cognitive, physical, and emotional symptoms of stress
2. Identify the types of situations that create stress for them
3. Use stress management skills and techniques to manage stress more effectively

Teaching Strategy
The Stress Management Clinic offers a variety of four-week experiential workshops during which students learn and practice stress management skills and techniques.

- Biofeedback
- Stress Management 101
- Introduction to Mindfulness
- Relaxation Techniques
- Thinking Your Way Out of Stress

Assessment Strategy
- Pretest and posttest scores on Perceived Stress Scale (PSS), a widely used psychological instrument for measuring the perception of stress
- Open-ended questions on an online survey completed shortly after the workshop

Major Findings
Paired t-tests comparing the total scores on the PSS pre- and post-tests suggest that overall, the workshops were effective in reducing stress (N = 88)

<table>
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<tr>
<th>PSS - Pretest</th>
<th>PSS - Posttest</th>
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<tr>
<td>19.95</td>
<td>16.81***</td>
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- I learned to reduce my stress levels through 2-point meditation and evaluating my stress problems.
- I learned that 'stressing *myself* out' is an accurate cause for 50% of my stress. When I can see cognitive distortions and think about how my own perspective is what causes the stress, it makes mitigation so much easier. Practicing looking outside ourselves and trying to view things realistically from others' perspectives isn't just a philosophical exercise - it's important to keep us living in the moment.
- How to identify cognitive distortions, as well as meditation techniques.
- I learned new ways to stop thinking negatively.
- I learned to identify habits of cognitive and emotional distortion that have become near-automatic for me. It was very helpful!!
- I learned how to identify stress symptoms and the whole stress cycle, ways to reframe self-talk and ways to change my perspective.
- The most important thing I learned is that it's easy to get swept away into emotional states that redefine your 'reality'. By learning to identify when my mood has been so adjusted I can realize that I'm seeing things as I'm feeling, not as they are, and step back and reevaluate the situation under a thoughtful and logical eye.

Major Findings
Regression analyses show that females have significantly higher levels of total perceived stress than their male counterparts.

The workshops appear to be more effective in helping female students reduce their levels of stress than they are for male students

Being bi-racial, multi-racial, or “other race/ethnicity” is associated in a much higher post-test total perceived stress compared to the total perceived stress reported by white students

There are similar findings for Latino/Latina students compared to Caucasian/white students

Between pre-test and post-test, Caucasian/white students report a decrease in average total perceived stress while bi-racial and multi-racial students have no change in average total perceived stress and Latino/Latina students report increased total perceived stress

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