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EECS 448

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Project #1 - Lab 2 Discussion Summary

First Topic: How do you recognize that you're stressed?

- Maggie - becomes forgetful about certain areas (ex. routine assignments, appointments outside of school, etc.).
- Thresa - ruminates on what she needs to complete in a way that is not productive.
- Justin - also finds that he ruminates on what he needs to accomplish, even at times when he should be doing something else (ex. paying attention in lectures).
- Alice - mind tends to go blank, unsure of how best to proceed.
- Minwoo - hyper-focuses on things that may not be helpful/productive, also begins to forget small details.

Second Topic: How do you overcome stress so that it doesn't affect your work?

- Minwoo - writes everything down so he can visualize what needs to be done.
- Maggie - writes down checklists of what needs to be done and breaks down larger tasks into smaller items.
- Alice - changes her environment (ex. moving to a different workplace or going on a brief walk).
- Justin - physical activity (go for a run, walk, play basketball, etc.).
- Thresa - perform a small task or activity unrelated to the stress (ex. embroidery).

Overall:

- Our team experiences a great deal of overlap in the ways stress affects us. This could be beneficial, as we may be able to recognize symptoms of stress in each other and suggest appropriate coping strategies. However, it may also be detrimental in our ability to properly communicate when school becomes stressful or overwhelming.