

## Learning Guide Unit 3

## Discussion Forum

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**This assignment will assess your skills and knowledge about:**

1. Identifying and applying a range of strategies for managing emotions.
2. Establishing emotional balance and impulse control by understanding the interplay between thoughts, emotions, and behaviors, and learning to respond to challenging situations.
3. Identifying and explaining stress management, resilience-building, emotional balance, and impulse control techniques.

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**Assignment Information**

Based on the readings of this unit, your personal research, and your own understanding, create an infographic to attach in the Discussion Forum. Address the following areas with the infographic:

1. How can one maintain their emotions?
2. How can you manage stress and build resiliency?
3. How do we cultivate emotional balance and control impulses?

**Note:**

To make an infographic, you can use any infographic maker out there. If you are not sure what to choose, we recommend Canva, which is a free tool. Here is a link to Canva as well as a guide to create an infographic: <https://www.canva.com/>.

Canva. (n.d.) How to make an infographic. <https://www.canva.com/learn/how-to-make-an-infographic/>

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**Submission Instructions**

- Write a **brief description** of this infographic in the discussion forum. Then **attach** your infographic picture to the post.
- The description should be a minimum of **100** words in length and not more than **200** words. Include a description of **personal example** of a practice from your infographic.
- Support your work with peer-reviewed sources.
- You may use the course readings or any relevant source to respond to the questions and your peer replies.
- Remember to locate, use, cite, and list references in all your discussion posts to validate statements of fact or corroborate personal opinions/points of view.

**NOTE:** Remember to post as early as possible. The first posting is due on Sunday and the reply is due on Wednesday.

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**Discussion Responses**

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Please respond to any two classmates by providing comments or questions about their main post. Feedback should be appropriate, meaningful, and helpful. Overall, your comments should contribute positively to the conversation by broadening or clarifying it. Feedback should be in complete sentences. Read ' [Peer feedback for students](#)' to know more about how to give feedback.

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**Academic Integrity:**

If at any time you suspect that a post in this assignment violates UoPeople's rules regarding plagiarism and/or any aspect of UoPeople's Academic Code of Conduct, please notify your instructor immediately.

Your instructor will grade you based on the [Discussion Forum Rubric Unit 3](#).

**NOTE:** Your instructor will be assessing your posts/responses for this discussion.