I can be faced with stressfull situation that require me to work under pressure on a Daily basis. certain amount of stress is sometimes unavoidable. But it’s never been a problem for me in the past. In my previous job that I had to manage stress not only mine but my stuff in working environment day by day . I was a manager of the measurment and evalualtion center in university. and I had to be very careful while I am doing my job. Because any tiny mistake that we did, effects students rank, grades and also their life. I had to work with it. In addition I should present and explain whole statistical results of every exam to the dean and the provost who have high rank and they have also high standarts and expectations about success of students. I think it’s also very important to realize that there will be stress in the work environment but not letting that negatively affect my work or my production. When I encounter stress in my job, I think about the end results, step back and stay positive.