

Pre-Assessment

Topic: Stress

I am: Male____ Female____ **Class Level:** Fr.____ Soph.____ Jr.____ Sr.____ Grad.____

1. What is true of stress:
 - a. Stress can be good for our bodies
 - b. Stress is a fight or flight response
 - c. Stress can weaken our immune system
 - d. All of the above

2. Stress can show warning signs:
 - a. Behaviorally
 - b. Emotionally & Cognitively
 - c. Physically
 - d. All of the above

3. When your body is highly stressed:
 - a. It is easier to concentrate on studying for an exam
 - b. It is easier to remember information that you have studied for an exam
 - c. You will likely perform better on exams
 - d. It will be more difficult to remember information that you have studied for an exam

4. Laughter & humor can:
 - a. Boost our immune systems
 - b. Be a coping strategy for stress
 - c. Help us reduce stress to perform better on exams
 - d. All of the above