

## Post-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

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## Program Evaluation

**Presenter(s):** \_\_\_\_\_ **Program Topic:** ALCOHOL **Date** \_\_\_\_\_

*Please rate items 1-6 using the following scale:*

1	2	3	4
<i>Strongly disagree</i>	<i>Disagree</i>	<i>Agree</i>	<i>Strongly agree</i>

1. The presenter was knowledgeable, professional, and respectful.	1	2	3	4
2. The information covered in the presentation is important for college students.	1	2	3	4
3. This presentation helps me to make more responsible decisions with my stress.	1	2	3	4
4. Learning about stress and how to cope with stress is beneficial to my health.	1	2	3	4
5. In the future I will use this information to make healthy life choices.	1	2	3	4
6. The information provided is useful to me currently and in the future.	1	2	3	4

Please provide additional suggestions or comments: