

CAREER COUNSELLING



PRACTICAL APPROACH

Lesson Plan

Level, age of the students:	16-18
Subject:	Coping with stress
Subjects involved:	Advisory class
Aims:	Defining how effectively examined person copes in difficult situations; whether he/she can work under huge pressure and with big emotional tension; to what extent he/she uses his/her skills to counteract negative results of stress.
Suggested # of students per group:	Individual work
Time of the main activity:	5-15'
Material:	Test
Competences:	Personal competence
Preparatory actions if any:	Reminding internal and external factors, which cause stress.
Expected results:	Every student will be able to define which type of work he/she should choose depending on reaction to stress.
Expected difficulties:	Students work longer than expected.
Follow up if any:	Discussing ways of coping with stress.



CAREER COUNSELLING



PRACTICAL APPROACH

TIME	STRATEGY OF ACTIONS, PROCEDURE	METHOD, TOOLS
3'	Reminding internal and external factors, which cause stress.	Multimedia board, computer
12'	Filling the test in and learning about results.	Platform

