Fall 2015 NUB Assignment #3: Group Presentation on Stress-Management

**Goal:** Group projects and presentations are an important part of college that prepares you for such projects and presentations in the “real world”. This assignment is designed to give you an opportunity to put the techniques you have learned about presentations into practice, to gain experience speaking in front of a class, and to get to know one or two other students more closely as you work with them on your group project. The theme for the project is Stress Management, and researching this topic will help you learn more about what you can do – at NU and off campus – to relax and unwind from the stress of college life.

**Due Date:** Block 7a

**Logistics:** The project is designed for groups of three, but can easily be done in groups of two or four as well, depending on the size of your NUB section. Using a “Lottery Draft System,” each group will pick a draft number from your professor and choose a topic based on the number drawn. The group that picks number 1 chooses first, group 2 chooses second, etc. No duplicates—once a topic is chosen, that’s it. Pick another topic so that the class learns about as many topics as possible.

**Your assigned topic:**

**Members of your group and their contact information:**

**Completing the Assignment:**

1. Conduct web-based research appropriate for your assigned topic. Being sure to use appropriate sources. You can stick with .org, .gov, and .edu to play it safe, but private sites or blogs by verified experts are ok too, as long as you document the relevant creditentials.
2. Prepare a 6-9 minute PowerPoint (or equivalent) presentation to deliver in front of the class. (See below for what should be included in this presentation.) All members of the group should participate in the presentation and speak. You do not need to dress professionally but you should avoid distracting clothing. You should practice the presentation in advance to be sure the timing is correct. This will also improve your actual delivery, and any nervousness you may have about public speaking.
3. Here are some basic tips for your slides and presentation. Your instructor may add to these suggestions.
   1. You should have an introductory slide with the names of the students in your group and your topic.
   2. You should plan on preparing between 4 and 8 content slides that share some key facts (see below), in font size 24-28. Your presentation narrative should refer to these slides but you should not read the slides word for word. Pictures/graphics can be added in addition to the 4-8 slides.
   3. All presenters should speak for approximately the same amount of time.
   4. Remember that rules of academic integrity apply to presentations.

* You should **not just** cut and paste text from websites or other sources. Most slide text should be in your own words, and be sure to use quotation marks and cite the source for text that isn’t.
* At the very end of the presentation include a “works cited” slide.
  1. Close the presentation with a slide about if/how the stress relief technique you studied has helped you with stress relief.

**The Content of Your Slides:**

1. Briefly summarize and evaluate the scientific (and/or pseudo-scientific!) data surrounding your topic’s relation to stress relief. This should be fairly basic and in your own words for the most part. If you find a particularly good chart or graph or set of statistics, you can use it, as long as you property cite your source.
2. Discuss how your topic can be practiced on and off-campus – what resources do you need to do this kind of stress relief activity and what resources does NU, and the surrounding community, have to help you do it? How expensive is it? Is it cost affordable to students?
3. Each member of the group should **try the activity** at least once prior to the presentation, and discuss what he or she thought of it. Did it help relieve stress? Would you try it again? Was there any downside?
4. If applicable, the presenting group should lead the class in a short, participatory demonstration of their topic.

**Group Presentation Topics**

**Topic 1: Exercise (cardio)** Does cardio exercise reduce stress? If so, what types of cardio exercise are most effective for stress-reduction? How long do you need to do it to get benefits? What facilities/activities does NU have to offer for this type of stress-reduction?

**Topic 2: Exercise (strength training)** Does strength training exercise reduce stress? If so, what types of strength training exercise are most effective for stress-reduction? How long do you need to do it to get benefits? What facilities/activities does NU have to offer for this type of stress-reduction?

**Topic 3: Exercise (body-mind)** E.g.: Yoga, Tai Chi, karate. Does body-mind exercise reduce stress? If so, what types of body-mind exercise are most effective for stress-reduction? How long do you need to do it to get benefits? What facilities/activities does NU have to offer for this type of stress-reduction?

**Topic 4:** **Eating Healthy** Does eating healthy reduce stress? If so, what types of foods are most effective for stress-reduction? Which types of foods should be avoided? What does kinds of foods does NU have to offer for this type of stress-reduction?

**Topic 5: Herbal Stress Remedies** E.g.: herbal teas. Do herbal stress remedies reduce stress? If so, what types of remedies are most effective for stress-reduction? Are there any side effects? How much do you need to consume to get benefits? Where can you get the herbal teas around here? How much do they cost?

**Topic 6: Meditation** What is meditation and does meditation reduce stress? If so, what types of meditation are most effective for stress-reduction? How long do you need to do it to get benefits? Where might you do it at NU or off campus?

**Topic 7: Journaling** What is journaling and does journaling reduce stress? If so, what types of journaling are most effective for stress-reduction? How long do you need to do it to get benefits? What kinds of things should you journal about?

**Topic 8: Listening to Music.** Does listening to music reduce stress? If so, what types of music are most effective for stress-reduction? How long do you need to do it to get benefits? What kinds of music should you listen to?

**Topic 9: Sport** Do competitive sports reduce stress? If so, what types of sport activities are most effective for stress-reduction? How long do you need to do it to get benefits? What facilities/activities does NU have to offer for this type of stress-reduction?

**Topic 10: Prayer** Does prayer reduce stress? If so, what types of prayer are most effective for stress-reduction? How long do you need to do it to get benefits? What facilities/activities does NU have to offer for this type of stress-reduction?