LEARNING AS ONE NATION

Expanded Project

Culminating Activity
Q4_FINAL PT

SHS LEARNING ACTIVITY

Name: _____ **Score/Mark:** _____

Grade and Section: _____ **Date:** _____

Strand: ☐ STEM ☐ ABM ☑ HUMSS ☐ ICT (*TVL Track*)

Subject: _____

Type of Activity: ☐ Concept Notes ☐ Skills: Exercise/Drill ☐ Illustration ☑ Performance Task ☐ Essay/Report ☐ Others: _____

Activity Title: A Symposium on Stress Management

Learning Target: To conduct a symposium about Stress Management to Grade 12 students as Final Output for HUMSS Culminating Activity

References: *(Author, Title, Pages)* M.W.R. Acha, CVIF Learning Activities

It is timely that many students across the globe are suffering from different mental illnesses such as panic attack, anxiety attack, and depression caused by stress. In this regard, as HUMSS students, it is fitting for us to help these individuals to overcome what they are dealing with by conducting a symposium about stress management.

Instructions:

Form a group with 12 members. On a long bond paper, make a draft for your presentation using the following guide questions:

1. What is stress?
2. How do we identify the sources of our stress?
3. How is stress related with mental illness?
4. What is stress management?
5. Why is it important to manage stress?
6. What are the ways or techniques to manage stress?

Be creative with your presentation. Your output will be the content for your symposium. At the back of your paper, have a list of the specific task/s assigned to each member.

Your output will be graded according to its Content (40 pts), Organization (30 pts), Presentation and Creativity (20 pts), and Punctuality (10 pts).