



Latino Adult Education Services

LAES has developed a series of immigrant issue instructional modules entitled "Tierra de Oportunidad" for orientation to our complex society.

Date: _____

Student Name _____

Teacher Name _____

Student Survey

"Dealing with Stress"

1. Have you ever thought or talked with family members, friends or co-workers about the following indicators of stress:

	For each line, Please check the box that applies to you			
	Never or almost never	Several times in a year	At least once a month	Every day
a. the amount of stress in life and how it affects the family, the person, or the community?				
b. the behaviors that result from but also may cause stress, such as setting priorities impulsively, yelling, sleeplessness?				
c. resources in the community to talk with to try to handle stress better?				
d. the long term implications of stress for physical health?				
e. the long term implications of stress for mental health?				
f. the pressure to perform at work or to do things at home, that sometimes seems to much to bear?				
g. the problems of getting conflicting information from different people?				

2. How confident are you that you have the skills to:

	For each line, Please check the box that applies to you			
	Not Confident	A Little Confident	Quite Confident	Not Interested
a. juggle conflicting demands at work or at home and negotiate a viable arrangement?				

b. communicate about conflicting expectations, hopes or desires, and work out an acceptable arrangement, either at work, with friends, or at home?				
c. explain clearly to others what you expect and then listen well enough to be able to plan for problems you are likely to face?				
d. identify resources to help you in times of high stress?				
e. mediate arguments among friends or family members				
c. find information or advice you can trust?				

3. Please read the background information below and advise Marisela and her husband what they can do to reduce the stress they are feeling.

Background: Marisela is very intelligent and loves to study. She took English classes at the local school two nights a week for two years . But now she needs a more advanced class. She wants to go to the community college. Her husband, Pete, won't give her his permission. She is angry with him and feels very resentful. Pete also feels resentful. After all the attention he has paid her and the way he has taken care of her, he feels she is not interested in taking care of him. They argue a lot. Marisela has wanted to talk with him; but he says always says he is too tired. What can they do?

- a. What is the problem Marisela and her husband are facing?

- b. What fears, hopes or concerns, lie beneath the problem for Marisela or her husband? Please write a short dialogue where either Marisela or her husband Pete discusses what is bothering them

Marisela:

Pete:

Marisela:

Pete:

- c. Should Marisela take seriously Pete's comment that he is too tired to talk? Why or why not?
-

4. How important is it for you to learn more about how to:

	For each line, Please check the box that applies to you			
	Not Very Important	A little Important	Quite Important	Not Interested
a. identify sources of stress in your life?				
b. communicate expectations better?				
c. listen better to be able to anticipate times when you will not get the help you want, so you can better plan for them?				
d. analyze what can be done to change stressful conditions, situations, or personal interactions?				
e. use information resources, reflection, discussion to improve your control over your life?				
f. recognize and understand behavior - either your own, your spouse's or your child's - that is the result of stress?				
g. learn how to talk things out at home or in any environment where stress is causing a conflict?				
h. recognize when you need to get help for a problem that is stress-related				
i. find out where you can go to get help with stress related problems?				

5. What do you want to learn about dealing with stress?

I would like to learn:

Authors: Ed Kissam and Holda Dorsey

A project of the California Department of Education, Youth, Adult and Alternative Educational Services Division, funded by contract #4213 of the Federal P.L. 100-297, Section 353 with California State University Institute and Hacienda LaPuente USD. However, the content does not necessarily reflect the position of that unit or of the U.S. Office of Education. 1997