



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

OBJECTIVES

You will be able to:

- Analyze your schedule and list stress times;
- Apply four options for dealing with stress;
- Practice a relaxer technique;
- Locate resources to assist with stress.

You will also practice:

- Working in teams;
 - Problem solving;
 - Using information resources.
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