



Teen Stress *An Inside View*
Study/Discussion Guide
Real Person 2: **Coping in College** page 18–19

Summary: Prioritizing your goals and realistically assessing your time are key elements in achieving success.

Discussion points:

1. Caitlyn's conflict between sailing and socializing.
2. Dr. Maas' advice about the most effective time to study.
3. Caitlyn's tips and techniques.
4. Other effective study skills and ideas on how to organize and prioritize time.

This information is provided FREE as a public service to educators and students and is intended to be used as a study/discussion guide in association with the book entitled, **Teen Stress: *An Inside View***, which is included in The Power Nap Kit™ © 2003 At Peace® Media LLC.

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