



**Center for Professional Development**  
**Advanced Practitioner Program**

**2018-2019 Student Success Strategy Series**  
**Learning Objectives**

**Learning to Manage Stress**

- 1. Identify the signs and symptoms of stress.
- 2. Describe the impact of stress on the body and mind.
- 3. Explain the relationship between stress and health.
- 4. Discuss the role of stress in the workplace.

**Learning to Manage Time**

- 1. Identify the signs and symptoms of time pressure.
- 2. Describe the impact of time pressure on the body and mind.
- 3. Explain the relationship between time pressure and health.
- 4. Discuss the role of time pressure in the workplace.
- 5. Identify the signs and symptoms of burnout.
- 6. Describe the impact of burnout on the body and mind.
- 7. Explain the relationship between burnout and health.
- 8. Discuss the role of burnout in the workplace.

2018-2019 Student Success Strategy Series	
Learning Objective	Assessment Method
1. Identify the signs and symptoms of stress.	Self-assessment
2. Describe the impact of stress on the body and mind.	Self-assessment
3. Explain the relationship between stress and health.	Self-assessment
4. Discuss the role of stress in the workplace.	Self-assessment
5. Identify the signs and symptoms of burnout.	Self-assessment
6. Describe the impact of burnout on the body and mind.	Self-assessment
7. Explain the relationship between burnout and health.	Self-assessment
8. Discuss the role of burnout in the workplace.	Self-assessment

**Learning to Manage Self**

- 1. Identify the signs and symptoms of self-doubt.
- 2. Describe the impact of self-doubt on the body and mind.
- 3. Explain the relationship between self-doubt and health.
- 4. Discuss the role of self-doubt in the workplace.