

Guided Reading Activity 15-4

Stress in Your Life "Reality Check"

For use with textbook pages 437-442

Directions: **Outlining** Locate the heading in your textbook. Then use the information under the heading to help you write each answer.

College is not the real world.

I. Stress in Your Life

A. Introduction

1. Why is leaving home to set up a new household stressful for teens and parents? it is a major life change for both parents + teens
2. What kinds of things must you learn to become an autonomous adult? Learning to make decisions / Developing a value system / Being responsible / Take care of self (autonomy) Plan A, Plan B, Plan C, etc.

B. Choosing College

1. According to Peter Madison, how do many students approach college? with high and unrealistic aspirations Chris - Astrophysicist
2. Why do students approach college this way? Base goals on fantasy (They do not have experience to make realistic choices)
3. How does college challenge a student's identity? The "top dog" identity evaporates due to the presence of others with similar capabilities
4. How do friendships act as change agents in college? Form friendships among people with different views (change or give up important friendships)
5. What is the healthiest way to cope with stress in college? Keep options open (temporarily abandoning goals until you know your identity)

C. Working

1. What are five sources of work satisfaction? 1. Enough resources to do the job 2. Sufficient financial reward 3. Challenge 4. Good co-worker relation 5. Comfortable working conditions
2. In the future, why might people change careers many times? 1. Living longer 2. Early retirement 3. Mothers in the workforce
3. What does the Equal Pay Act of 1963 do? prohibits wage and salary discrimination for jobs that require equivalent skills + responsibilities → pay men + women equally

Civil Rights Act of 1964 p. 442

Social Readjustment Rating Scale p. 417

"College Shock" - drinking - partying - losing site/education

1/4 college freshman change majors

Teaching Benefits

Pros vs Cons

If you can't have fun at work, you might as well be dead.