

LAB_03-Example: Second Draft of Research Project Materials

Group #35

You are presented with two different hypothetical situations. Read each scenario and rate how stressful you would find it if you experienced it. Then rate how likely you are to choose the coping mechanisms provided.

Scenario 1: It's Monday morning, you woke up on time and you are ready to start your day. You leave the house at your usual time but there was some construction on the way, which makes you a few minutes late to your first class. Later in the day before your biology lab you're skimming through the lab manual than you realize that there was pre-lab assignment you had to complete before hand. You quickly complete the pre-lab and submit it on connect with just enough time to spare, but you know **it's** not your best work and you're already unhappy about your grade in that class.

Scenario 2: It's Monday morning, you woke up late and leave your house in a rush. You hit some construction on the way to school. You're so late you don't bother going to your first class. Later you find out you missed an in-class assignment that was worth 5% of your mark. Later in the day, before your biology lab you realize there is a lab exam that day. You started studying last minute and lost track of time. You showed up to your exam late and the door was locked, you knocked but since the exam hadn't started the professor wouldn't let you in.

This whole scenario would totally stress me out. Nicely done!!

Now you just need to add your questions and scales.

S