

Leading in the 21st Century (UCM60402U2)

Project Management

Alwin Ng 0323596

Ng Sheng Zhe 0323830

Goh Jia Jun 0323302

Yip Xiaojung 0323852

Kenneth Tan 0322482

Jason Wong 0327650

Tio Chong Zhi 0328134

Tang Zhi Qian 0326987

Teo Chun Chen 0327024

David Choong 0329961

Why?

- We want to help students in Taylor's University to manage the stress they encounter in their daily lives.
- Hence, we decided to organise a campaign related to stress for this project and also prepared a few posters to educate the passer-bys.

Promotional poster

Stressbusters

WHO YOU'RE GONNA CALL?



DEFINITION

Stress is a natural response when faced with challenging situations, and it can actually be really helpful in small doses. It can energise you and make you feel more switched on to help you manage pressure and deal with tricky situations. However, too much stress over a long period of time can become unhelpful and hard to deal with.

Some of the more common things that tend to stress us out are:

- Relationship issues, including family, friends, boyfriends or girlfriends
- Studied-Deadlines, whether school, work or uni
- Living in a difficult circumstance with family or flatmates



WHAT IS STRESS?

MAIN CAUSES

Unrealistic expectations of themselves or others taking on too much at one time

SYMPTOMS

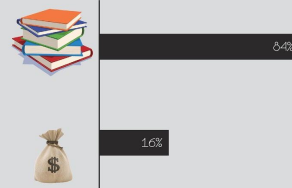
- having trouble concentrating
- not enjoying the things that they usually enjoy
- having trouble sleeping or eating
- finding it really hard to switch off

Informational Poster

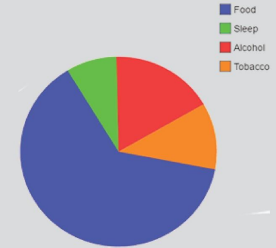
Poster about stress in college.

COLLEGE IS STRESS

30 students were asked what they stressed the most about.

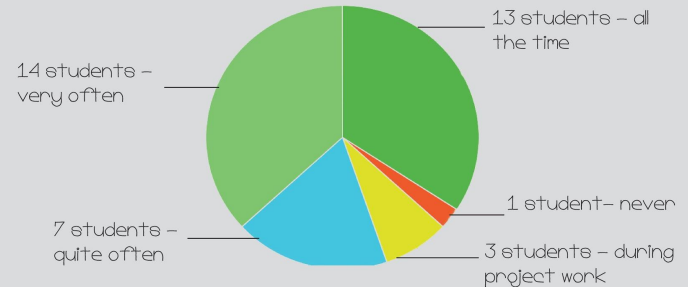


30 students were surveyed on what they turned to when OVERLOADED with stress



70% of college students receive LESS THAN the 8 recommended hours of sleep EVERY night!

How often are college students stressed?
in a week





Poster on tips
to stress less

Objectives

- To **teach students** how to **counter stress** in life especially during their studies
- **Promote and invite** students to participate in talk about stress and the ways to reduce or manage the stress they encounter
- **Do a survey** on what stress students are facing and whether have they learnt some ways to reduce stress after visiting our booth
- **Provide** some interesting **games** that we believe that will help students release their stress



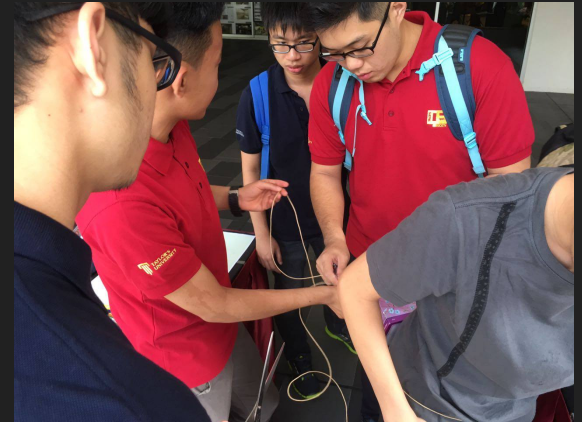
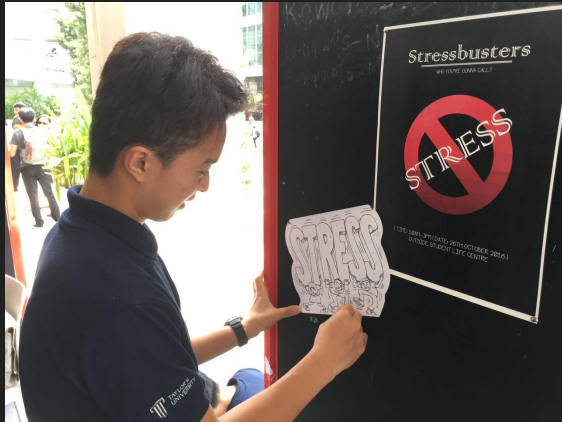
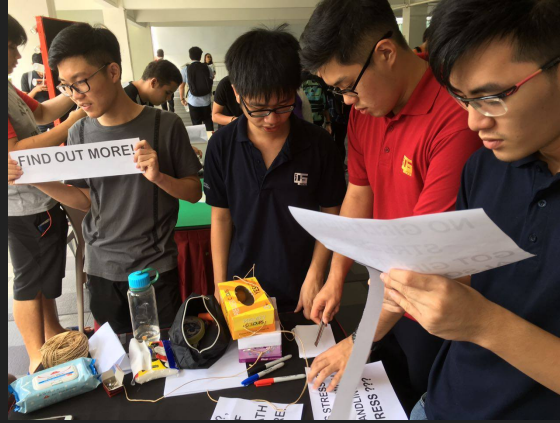
Preparation

The preparation work began a week before the day to set up the booth. A list of stuff needed was planned out, avoiding any anything being left out. On the 25th October 2016, we went for a shopping trip to procure the items needed.

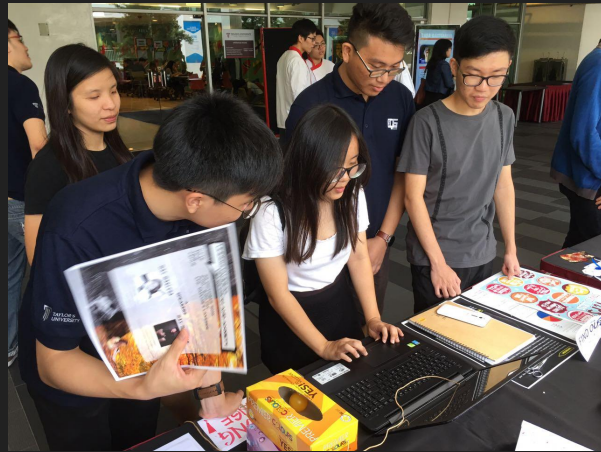
Thumbtack
Pingpong
Tissue box(bring from home)
String
Pail(edmondbring from home)
A4 cut 4 pieces
Print using artcard
Sweets
Marker
Thumbtacks
Qs shirt taylor shirt(?)

The preparation work on the day was efficient and everybody was involved to make the booth a success. A great work done by the members.

An hour before the event....



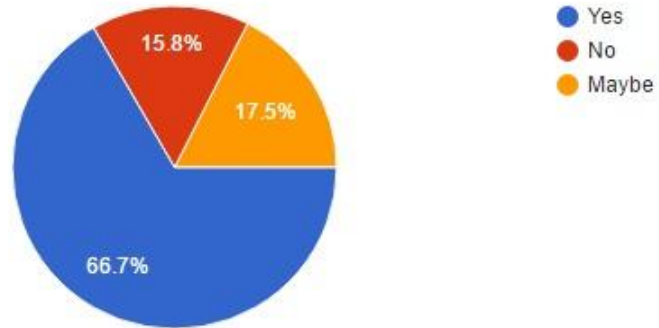
During the event...





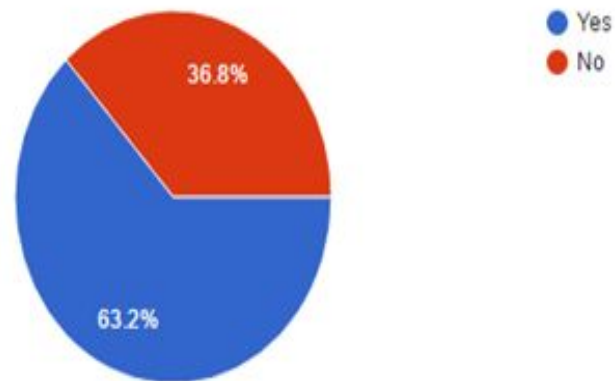
Survey results

Do you think that you are currently under stress? (57 responses)



Before visiting this booth, did you know about the ways to release stress?

(57 responses)



Project outcome

- Learn about stress, ways to release it and share the knowledge amongst our peers
- Meet new people and learn how to communicate with them
- Challenge ourselves to a whole new level by organising a campaign to create awareness among students
- Make valuable connections as we strengthened our bonds between team members
- Though there are some of the students who are unwilling to approach our booth due to the assumed fact that they aren't willing to acknowledge that they have stress.

Conclusion

- From this event we, **learned and know more about stress and the method to release it** with a proper way. This event has given us the opportunity to express ourselves and provide us with new skills to approach people.
- We have **successfully spread awareness** that may prove vital in the prevention of injuries caused by stress and ensure that Taylor's University student live on in a less stressful environment