



THRIVE LUNCH

Lunch 4: Strategies to Reduce Stress & Study Skills

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- Testimony
- Which of the following three have you most experienced in your life thus far: orphan, widow or alien?
- How have you grown in your maturity as a Christ follower as a result?
 - How have you ben used meet the needs of others?
 - How have you seen yourself used in a prophetic way towards fellow believers and/or to the world?
 - How have you experienced your prophetic role in respect to accommodations?



The numerous stresses in my life in this season:

- 1) Change of residence
 - 2) Change of vocation/employment/training
 - 3) New people (roommate, classmates, church members)
 - 4) Change of authority structures
 - 5) Transitioning to greater personal freedoms and responsibilities
 - 6) Different/Increased “workload”
 - 7) New Opportunities
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You are UNIQUE!

Be CURIOUS about yourself!

- 1) What are MY stressors?
 - 2) How am I coping with what I am facing?
 - 3) What is MY organizational style?
 - 4) What is My learning style and what studying methods work for me?
 - 5) What habits have I formed, and which ones should I commit to forming in order to fulfill my purpose?
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Mental Health First things:

We are complex, wholistic Image bearers

- Listen to your body! We may lie to ourselves, but our **body** does **NOT LIE** to us!
 - Eat Properly
 - Exercise 15-45 mins/day
 - Sleep 8-10 hrs/day
 - We do not live on the material alone.... Spend time with YHWH and in His Word!
 - Prayerfully review your day and consider tomorrow each night as you go to bed/sleep
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Resources

Mental Health

- See Criswell's online resources of articles, websites, local counselors, and crisis hotlines:
 - <https://www.criswell.edu/life-at-criswell/student-services/mental-health-resources/>
- Contact Roman in Student Success!



Studying First things:

Consider the END, and *THEN* consider the means/way!

- Big picture: what is THE main purpose of my life?
 - Big picture: what is MY mission?
 - Big picture: why/how am I here at Criswell?
 - Each class: what are the main learning objectives of each class?
 - Each class: what are the assignments and due dates of each class?
 - THEN: how do I need to schedule things on a weekly and then a daily basis to successfully complete my assignments and acquire the learning objectives of each class?
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The BEST Study Tool: White Board(s)

- 8'' x 11'' or 8'' x 14'' to carry with you to class and/or study areas
 - A larger one near work area or by front door
 - Use for ToDo lists, daily activity/event reminder, and for utilizing various studying techniques
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Strategies to Reduce Stress

Time Management

- Utilize tools from CRIS100
 - Prioritize time categories: being a full-time student is a **FULL-TIME JOB**
 - Read your Syllabi & Identify blocks of time on a paper or google **calendar** for studying/doing coursework each week and list activities for the day on your white board
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Strategies to Reduce Stress

Organization

- Move everything in Canvas to your computer into a folder & file system, immediately
 - Read your Syllabi and Create **checklist** of things ToDO each week and day (5-9 line items of 5-8 words each)

 - Declutter personal space(s)- get rid of everything you don't need/want
 - Organize- workspace, dorm room, etc. according to YOUR style
 - Put things in the first place that your instinct tells you where you would look for it
 - Do you like to see your stuff or keep it out of sight?
 - Are you a macro (large, general space) or micro (detailed, specific space & form) organizer?

 - Talk with professors, tutors, peer group, and experienced graduate and undergraduate students
 - Develop mentor relationships
 - Meet with Roman in Student Success!
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Strategies to Reduce Stress

Study Skills

- Study Cycle:
 - 1) Encode (first exposure to content)
 - 2) Retrieve & Assess (self-testing to remember or relate to what is known: variety of methods)
 - 3) Encode in a new way (e.g. creating study charts, create testing environment and practice)
 - Study buddy or group
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Resources

Accommodations

- In need of accommodation due to particular disability(ies)
- See Kendall in Student Services!



Q & A

- What is something you found to be helpful in managing your stress?
 - Are coping/managing skills the same for everyone?
 - How does your role at Criswell help students to love and serve God and to thrive?
 - What are some things that we provide accommodations for here at Criswell?
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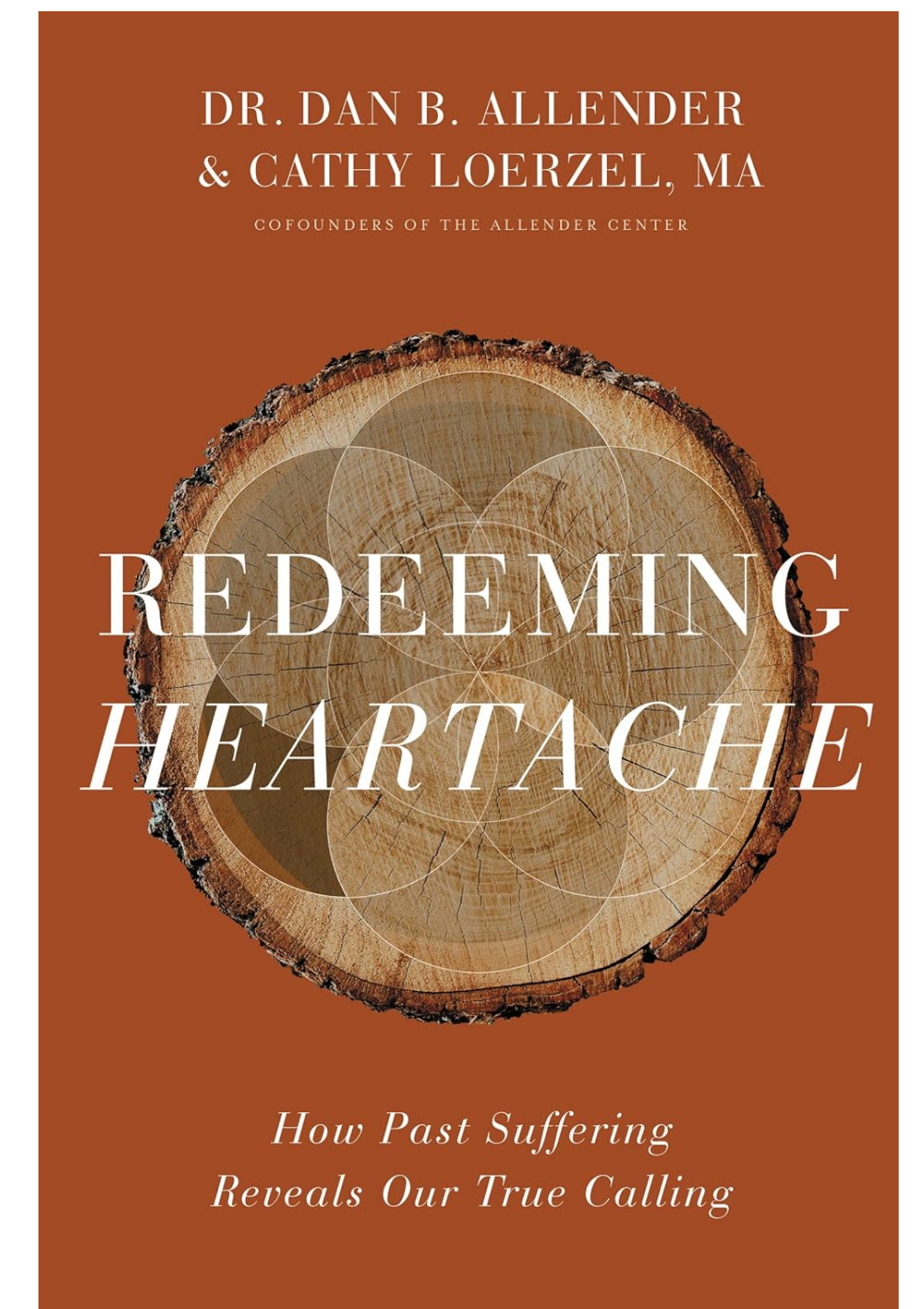
Resources

Book

- Allender, Dan & Loerzel, Cathy. *Redeeming Heartache: How Past Suffering Reveals Our True Calling*. Zondervan, 2021.

Podcasts

- The College Prep Podcast



Hope you join us at our next lunch in NEXT week on Thursday, 12th of October at 11:00a.m. as we discuss Compassion & Calling with Dr. Worthington.

Criswell Thrive Lunches Podcast

