**Course Level Objective: Identify strategies to improve personal wellness and stress management as well as recognizing educational diversity.**

*Week 9 Objectives:*

1. Recognize the benefits of educational diversity in your weekly discussion board assignment.

2. Describe the physical, mental, and emotional effects of persistent stress.

3. Illustrate healthy ways college students can manage or cope with stress.

4. Develop your personal plan for managing stress in your life.

5. Describe changes you can make in your life to achieve or maintain emotional balance.