



Winter Park  
**TECH**

Orange County Public Schools

**WINTER PARK TECH**

Institute for Corporate and Community Training  
901 Webster Avenue ▪ Winter Park, FL ▪ 32789  
(407) 622-2900  
[wptech-getclasses.com](http://wptech-getclasses.com)

**Stress Management**

Rayza Rivera

**Course Description:**

This course will cover the post traumatic stress disorder, it's diagnostic criteria and treatment strategies for stress relief, possible coping techniques and coping with disappointment; identification of potential sufferer from stress-related disorder who might pose a danger to self or others.

**Text:**

A learning packet will be given to each student.

**Attendance:**

Students are expected to be in class during scheduled hours and return from breaks promptly. To ensure that each student masters the competencies of the program it is essential that the student is present and actively participates in class throughout the length of the program. **A student is expected to be in attendance at least 90% of scheduled hours of attendance.**

**Topics to Be Addressed:**

- Post traumatic stress disorder
- Stress relief strategies
- Coping techniques
- Identification of stress sufferer

\*The instructor reserves the right to modify this course outline at any time.