

# Stress Resources

## Syllabus Supplement

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In order to optimize your performance in this class, I strongly encourage you to seek a healthy balance between striving to reach your academic goals and meeting your personal needs. Such a balance will help you to manage both academic and personal challenges. Should you find yourself overwhelmed by academic or personal problems that interfere with your scholastic achievement, consider seeking support from the following campus and online resources.

### Campus Resources

- **Counseling and Psychological Services (CAPS)**  
Provides one-on-one and group counseling  
<http://www.shcs.ucdavis.edu/services/caps>
- **Student Academic Success Center (SASC)**  
Offers academic advising and tutoring and workshops in various courses  
<http://www.lsc.ucdavis.edu/>
- **Student Health & Counseling Services (SHCS)**  
Provides campus medical services to students  
<http://shcs.ucdavis.edu/>
- **Health Education and Promotion (HEP)**  
Provides wellness resources to students  
<http://shcs.ucdavis.edu/hep>
- **The House**  
Offers confidential drop-in and phone peer counseling  
<http://thehouse.ucdavis.edu/>
- **Women's Resources & Research Center (WRRRC)**  
Strives to help women with personal concerns, academic goals, and professional development  
<http://wrrc.ucdavis.edu/>
- **Cross Cultural Center (CCC)**  
Supports understanding and appreciation of the campus' diversity of cultures  
<http://ccc.ucdavis.edu/>
- **Lesbian, Gay, Bisexual, Transgender Resource Center (LGBTRC)**  
Provides an open, safe, inclusive space and a community committed to challenging homophobia, biphobia, transphobia and heterosexism  
<http://lgbtrc.ucdavis.edu/>

### Online Resources

- **Study Skills Self-Help (Virginia Tech)**  
<http://www.ucc.vt.edu/stdysk/stdyhlp.html>
- **Top 10 School Stress Relievers for Students**  
[http://stress.about.com/od/studentstress/tp/school\\_stress.htm](http://stress.about.com/od/studentstress/tp/school_stress.htm)
- **American Psychological Association Help Center**  
<http://www.apahelpcenter.org/>
- **Managing Stress: A Guide for College Students (University of Georgia)**  
<http://www.uhs.uga.edu/stress/>
- **MP3s for Mindfulness and Meditation (UC Davis)**  
<http://caps.ucdavis.edu/relax/>
- **Relaxation Breathing (Washington State University)**  
<http://www.vetmed.wsu.edu/academic/counseling/breathe.aspx>