

## **Contribution Form – Managing Stress to Improve Learning**

Please use this format to write about the managing stress strategy/example you are contributing. It will help you include the information that readers want to know!

Your name:

Program name and location:

Type of program: (community-based center, community college, volunteer, etc)

- Who are your students?  
(for example, immigrants, refugees, incarcerated...etc)
  - What kind of class is this? (ABE, ESOL, GED, etc)
  - What “level?”
  - How many hours a week is the class?
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1. What strategy did you use in your program or in your class to address chronic stress or the effects of trauma on learning? Please describe the specific steps you took, and any materials you used. In writing your response, consider whether it's enough information for another practitioner to replicate or adapt what you did.
  2. How did the students respond?
  3. Did you see any changes after implementing this strategy?
  4. Did anything unexpected come up?

Add anything else that feels important.

Please e-mail this completed form, using extra pages if necessary, to Lenore Balliro at [lballiro@worlded.org](mailto:lballiro@worlded.org)