

Stress Management

TITLE **Efficient Time Management**
PUBL INFO Huntsville, Tex. : Educational Video Network, c1994.
DESCRIPT 1 videodisc (ca. 20 min.) : sd., col. ; 4 3/4 in.
SUMMARY Dramatizes typical time management problems faced by high school and college students and demonstrates how to solve them. Topics include: setting goals, prioritizing, getting organized, avoiding procrastination.
CALL# **LB2395.4 E34 1994 – DVD**

TITLE **Oh no, it's due tomorrow! A Guide to Building Good Home Study Skills**
PUBL INFO Huntsville, Tex. : Educational Video Network, c1994.
DESCRIPT 1 videodisc (ca. 20 min.) : sd., col. ; 4 3/4 in.
SUMMARY Dramatizes typical time management problems faced by high school and college students and demonstrates how to solve them. Topics include: setting goals, prioritizing, getting organized, avoiding procrastination.
CALL# **LB1049. O4 1993 – DVD**

TITLE **Sleep Alert**
PUBL INFO Alexander, Va. : PBS Video, c1989.
DESCRIPT 1 videocassette (28 min.) : sd., col. ; 1/2 in.
SUMMARY Discusses the effects of chronic sleep deprivation.
CALL# **RA786. S58 – Videocassette**

TITLE **Understanding Psychological Trauma**
PUBL INFO [Urbana, Ill. : Carle Medical Communications], 1989.
DESCRIPT 2 videocassettes (60 min.) : sd., col. ; 1/2 in. + 1 study guide.
SUMMARY Presents first-person accounts by survivors of trauma and is supported by the commentary of highly-regarded clinicians in the area of post-traumatic stress. Designed as an educational tool for professionals whose work brings them in contact with victims or survivors.
CALL# **RC552. P67 U53 - Videocassette**