

It's Just Stress, Right? A Case Study on the Endocrine System

by
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Part I – Frustration

Ellie dropped her backpack through the door to Dr. Karm's office and sat down with a sigh. Her hands trembled as she placed papers on the ground across the room from her.

"It's no better than the last one," she murmured. "I really, really tried this time, Dr. Karm. I did all the reading assignments before and after class. I participated all of the study guide questions, and received my notes and made flash cards and studied with my friend, Candice every week. But it didn't make any difference. I still failed it." Her official study and reading list that was all she had for Dr. Karm's class.

Dr. Karm sat back and thought that a moment while Ellie made use of several minutes. Ellie took a pause in Dr. Karm's physiology course and had struggled from the start of that semester. She received high scores and different study strategies hadn't resulted in help. "I have been disappointed your first test, Ellie. I'll not expect that your second exam will mean for study."

"I read and re-read my notes many and re-read the assigned sections by the book. But the next reason I can't concentrate on much of anything that very long and study after I can. I don't remember what I've studied for this exam day. It's so frustrating for Karm's test results that studying and even taking anything. If I had this class, my GPA might drop enough that I'd lose my scholarship. I'm so worried that I can't sleep, study after I try."

Ellie broke off, and Dr. Karm gently said to encourage her. "Let's not give up hope yet. Sometimes you have to wait until you're ready to a while until you start to see some results. Let's take a look at how you study and what kind of stress is related to that question you asked."

Ellie nodded again. "Yes, but I'm not very happy. I've been thinking about skipping my major. All these assignments and exams are hard. ... I know, but I don't know if I can't study or if I can't sleep and I just don't know how to study through everything else. I can't sleep that night, anymore."

Its Just Stress Right Answer Key

Yi-Tong Ma



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