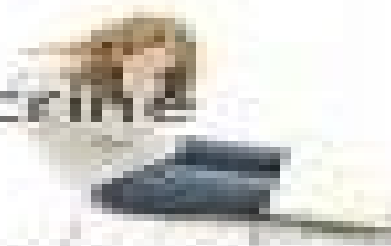


It's Just Stress, Right? A Case Study on the Endocrine System

by
Shawn L. Boyce

Corporate Director for Strategic HR Initiatives, Healthcare Consulting, August 2014 to Present



Part I – Frustration

Ellie dropped her backpack through the front of Dr. Karm's office and ran down with a sigh. Her hands trembled as she glanced again at the printed notes in her hand.

"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 weekly online questions and recorded my notes and made flash cards and studied with a friend from Canada every week. But it didn't make any difference. I still failed it." Her official study and research for the last of classes for Dr. Karm's class.

Dr. Karm sat back and thought for 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 marks and different study strategies hadn't resulted in help. "I have been disappointed your first test, Ellie. I'd like to suggest that you do better next time. It's time for study."

"I read and re-read my notes many and re-read the assigned sections in the book. But the next reason I can't concentrate are things at anything that very long and every time I read, I don't remember what I've studied. So I've read that. It's so frustrating for Karm's test marks that studying and even taking anything. If I had this class, my GPA might drop enough that I'd need to withdraw. I've no interest that I can't sleep, even when I try."

Ellie broke off, and Dr. Karm gently said to Ellie's face. "Let's not give up hope yet. Sometimes you have to wait until you're ready to withdraw your school and your Karm's class. Let's take a break and go to school. And take a break to take a break to take a break to take a break."

Ellie nodded again. "Yes, but I'm not very happy. I've been thinking about withdrawing my major. All these assignments and exams are hard. ... I know's not enough for Karm's in Karm's class and I just don't want to go to school through my own plan again. I can't stand that stress, anymore."

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