

## CHAPTER 17 ONLINE EXERCISES

### Objective:

These online activities will allow you to learn about stress and coping as well as about searching for a job.

Click on Online Exercise Links. You will see a list of Web site links that will bring you to online stress questionnaires and career Web sites. Use these Web sites to complete Activities 17.1 and 17.2.

### Activity 17.1

1. Select one of the Web sites that offers stress questionnaires to visit.
2. Complete the personality questionnaire offered on the Web site you have chosen. You may have to click on several links within the Web site to arrive at the stress questionnaire.
3. On a sheet of paper, write a paragraph describing the results of your stress questionnaire. You may want to consider the following questions in your paragraph:
  - a. Were you surprised about your stress level? Why or why not?
  - b. Do you find that the answer choices limit your ability to represent your personality?
  - c. What questions may have represented your stress levels better?
4. Write your name on your paper and hand it in to your instructor.

### Activity 17.2

1. Select one of the career Web sites to visit.
2. Search for an article on developing a résumé. You may need to enter the word *résumé* in the Web site's Search box.
3. On a sheet of paper, write a paragraph describing what you learned from the article about developing a résumé.
4. Based on what you learned in the article and in Chapter 17, write your résumé. Your résumé should not be handwritten. Include the résumé parts discussed in the chapter (heading, career objective or summary, experience, and education), and review the tips on what to do and what not to do in a résumé.
5. Write your name on your paper and turn in your paper and résumé to your instructor.