**Handling Stress and Challenge**  Sept. 7, 2017 (Daily Writing #2)

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Objective: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Warm up: When you research, what information is important to note about the source?

Class notes:

1. Web source: 2. Print source:
2. Interview:
3. Modeling and identification: examine the citations then label each as a Web source, Print source or Interview.
4. Beebe, Kyle. Interview. 6 June 2017.
5. Popova, Maria. “A stoic’s key to peace of mind: Seneca on the antidote to anxiety.” *Brain Pickings,* Amazon Services, LLC, August 2017. https://www.brainpickings.org/2017/08/27/seneca-anxiety/?utm\_source=Brain+Pickings&utm\_campaign=2d7523cbd0-EMAIL\_CAMPAIGN\_2017\_08\_31&utm\_medium=email&utm\_term=0\_179ffa2629-2d7523cbd0-236206817&mc\_cid=2d7523cbd0&mc\_eid=d843b1120c.
6. Seneca. Campbell, Robin, trans. *Letters from a Stoic.* New York: Penguin Classics, 2015, 249-253.
7. Class Discussion & Notes--Build a source citation for the article about preparing for a hurricane.
8. Take note of the section you have been given from the article \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. Read the portion you have and take notes from that section—think who, why, when, where, what and how.
10. Compare your notes with another student who had the same portion. Add to your notes.
11. Report to the class.



1. Read the *Brain Pickings* article about worry. What advice does Seneca offer about worry and anxiety? Do you agree or disagree?
2. How would Seneca view the preparations and media coverage of Hurricane Irma?