

Design Document

<i>Business Purpose</i>	To equip graduate students with self-guided tools to manage test anxiety and increase positive self-awareness.
<i>Target Audience</i>	Graduate students enrolled in College of Education
<i>Training Time</i>	20 minutes
<i>Training Recommendation</i>	Elearning
<i>Deliverables</i>	Articulate 360 Virtual Course
<i>Learning Objectives</i>	<ol style="list-style-type: none">1. Define Anxiety and Positive Self- awareness2. Identify Two Natural Remedies to Manage Anxiety3. Indicate Two Strategies to Increase Positive Self-awareness
<i>Training Outline</i>	<ol style="list-style-type: none">I. Introduce Key DefinitionsII. Illustrate concrete relevant examplesIII. Offer self-regulated approaches to manage anxietyIV. Assess students' abilities to summarize two strategies to manage anxiety and increase positive self-awareness
<i>Evaluation Plan</i>	We will evaluate the effectiveness of this training by emailing the students about their experiences with the training and their confidence to implement the strategies suggested in the course.

*Questions for SME: How many students are enrolled in the College of Education? Approximately, how many of these students experience challenges with anxiety and self-esteem? How many advising cases do you believe discuss