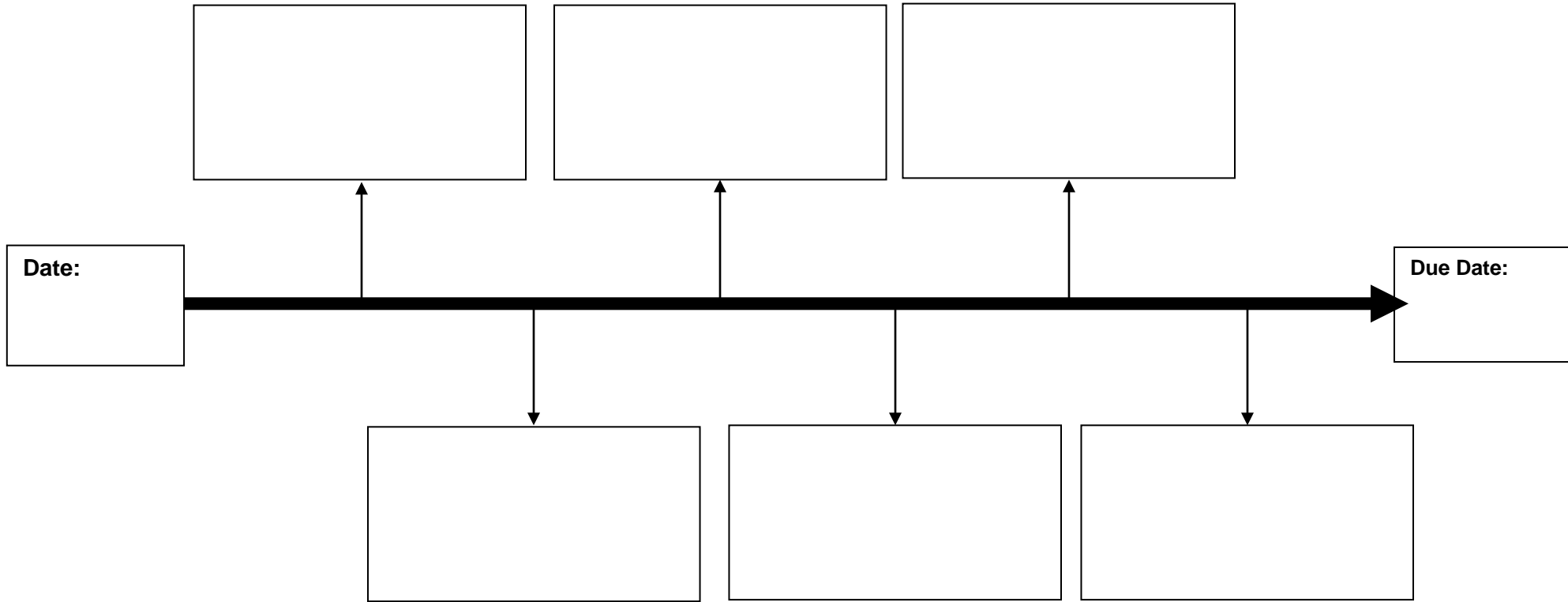


Module 3: Mental Training

Topic 2 Application: Assignment Timeline Template

Create a timeline for an upcoming assignment or project by filling in the blank spaces of the template. Make sure to add the today's date and the date the assignment is due. Then, break the assignment down into at least six smaller parts and include them on the template. Make sure to add dates for the six smaller parts.



How will creating a timeline help you to reduce your stress associated with research project and other assignments?