EFFECTIVE STRESS MANAGEMENT DURING THE WRITING OF A DOCTORAL DISSERTATION

A Thesis presented in partial fulfillment of requirements for the degree of Master of Arts in the Department of Human Performance Management
The University of Mississippi

by
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The anxiety and pressured accompanying writing a doctoral dissertation is well known. A group of one hundred doctoral students from the University of Mississippi volunteered to participate in this research. One half of this group was randomly assigned as a control group and one half were assigned as the variable group. The two groups were sent daily e-mails to read. The message to the control group was a paragraph selected from the New York Time and the message to the variable group was a paragraph from the writings of the Dali Llama. The progress of the two groups was monitored in terms of the time required to complete their dissertation and responses to a survey designed to assess levels of stress. Blah blah blah
This thesis is dedicated to everyone who helped me and guided me through my own times of stress and anxiety. In particular, I thank my grandmother, Needa Helper, who convinced me that my ideas were worth studying.
LIST OF ABBREVIATIONS AND SYMBOLS

Do  Female deer
Re  Drop of golden sun
Me  Self-reflective name for self
Fa  Long distance to run
So  Needle to pull thread
La  Variable defined by its position with respect to So
Te  Drink with jam and break
SUG  Southern Universities Group
ACKNOWLEDGMENTS

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