

Name: _____ Sec: _____

Due date: Thursday before class (9th October 2025)

Chapter Title	Main Focus or Strategy	What Stood Out to Me	Why I Chose This Chapter
My example: Chapter 3 : How you experience anxiety	Explains how different people can experience anxiety in different ways	Helped me recognise some signs of anxiety that i was previously unaware of and recognise the physical manifestations of anxiety	I chose it because allows me to be better aware of the my anxious triggers/signs and that helps me take steps beforehand to ease my anxiety

Your five examples :

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