

## MaxKnowledge Press Release

July 12, 2005

MaxKnowledge and CCA Launch New Online Course:  
Time & Stress Management for Career College Instructors

Time & Stress Management for Career College Instructors is facilitated by MaxKnowledge faculty, Dr. Melissa Read. Dr. Read's area of specialization is Human Factors Psychology with a focus on workplace issues such as job stress, time management, human-technology interaction, and learning.

"Outstanding teachers serve their students by guiding them through their coursework and motivating them to complete program requirements. Career college instructors are often faced with high stress resulting from heavy teaching loads and limited time. When teachers cannot manage their own time and stress, they cannot fully serve the needs of their students. This course will show career college instructors how to manage time and stress in their lives and teach some of these skills to their students," said Dr. Gary Meers, MaxKnowledge Director of Education.

"Career college instructors live very complex lives. Often teaching schedules are planned around the odd times when students are available to take classes. Many career college instructors work part time as teachers and full time in industry. When you top all of this off with family and personal responsibilities, it becomes a real challenge for instructors to perform their teaching duties effectively. But lesson plans must be developed, questions from students must be answered, and homework must be graded - to name just a few things. This course has been designed specifically for career college instructors to help them accomplish their tasks and live a less stressful life," said Dr. Melissa Read.

The online course is delivered in an asynchronous fashion and participants receive 4 hours of continuing education credits upon successful completion of the training. The course is available on a continuous enrollment basis on the MaxKnowledge website: [www.maxknowledge.com/ED110.php](http://www.maxknowledge.com/ED110.php).

### About MaxKnowledge

MaxKnowledge is the leading training provider for the career college sector of higher education. The company provides professional development and continuing education opportunities for the management, staff and faculty of career colleges and schools - worldwide. The company's mission is to maximize the performance of career college operations through effective employee training and development. For more information, please visit: [www.maxknowledge.com](http://www.maxknowledge.com).

### About CCA

The Career College Association (CCA) is the premier national association in Washington, D.C. representing accredited, private, postsecondary schools, institutes, colleges and universities that provide career-specific educational programs. CCA has over 1,400 institutional members that educate and support almost two million students each year for employment in over 200 occupational fields. For more information, please visit: [www.career.org](http://www.career.org).