Sample Syllabus
Stress Management Course

Course Instructor:
Name: 
Office and Telephone: 
Email Address: 
Course Website: 
Office Hours: 

Required Text:

Catalogue Course Description:
The nature of stress and the physiological and psychological effects of prolonged stress response. Includes short and long term somatic, behavioral techniques (exercise, relaxation, meditation, nutrition, time management and goal setting) for management of stress.

Course Objectives:
As a result of taking this class, students are expected to be able to
1. Understand the nature of stress;
2. Comprehend the psychological and physiological effects of stress;
3. Grasp the concepts related to individual and cultural differences in stress reactions across lifespan;
4. Assess individual risk factors as related to stress (behavioral, emotional, physical, spiritual);
5. Understand and learn how to use various techniques and determine the most appropriate method to aid in managing your reaction to stress;
6. Develop the ability to tap personal strengths for preventing stress and achieving meaningful goals; and
7. Accept the responsibility of taking charge of your own levels of stress.

Course Requirements:
1. Read the assigned chapter(s) prior to each class meeting;
2. Participate in interactive classroom discussions and stress management labs;
3. Watch clips of videotapes and DVDs and listen to sections of audio tapes and CDs on stress management;
4. Complete the designated stress management and prevention activities by downloading necessary activities sheets from the publisher’s website;
5. Complete a research essay (1300-1500 words) on a stress management and prevention topic (Due X)
6. Complete three exams.

Instructional Procedures:
The class will be taught using two instructional approaches. About 80% of class time will
be spent in a lecture format and the other 20% in a seminar format, where discussions will be held, videos watched, audio materials listened to, relaxation techniques demonstrated, and stress reduction laboratories conducted.

**Class Policies:**
1. Attendance is required and will be taken regularly. Absences will be excused only in cases of serious emergency, which, in addition, must be documented. To cover unexpected situations that prevent you from coming to class but are difficult to document, you have an allowance of two unexcused absences. However, each unexcused absence in excess of two will diminish your course grade by a sixth of a grade (0.16).
2. Failure to show up for an exam without a valid reason will result in an automatic zero. Make-up is only possible only under extreme circumstances and with arrangements made with the instructor prior to an exam. Make-up exams after the scheduled exam is given are subject to 10% deductions from the total points in that particular exam.
3. Late assignments will be penalized (10% per day) unless extenuating circumstances as determined by instructor have been verified.

**Academic Dishonesty:**
All University policies on academic dishonesty, such as plagiarizing, will be enforced and appropriate penalties will be assessed, ranging from grade deductions to an F on the assignment, or, in especially egregious cases, to an F on the course. Should the penalty consist of an F, the Dean of Students Office will be notified.

**Disability:**
Please inform the instructor during the first week of classes about any disability or special needs that you have that may require specific arrangements related to attending the class sessions, carrying out class assignments, or writing papers or examinations. According to the University Policy, students with disabilities need to document their disabilities at the Disabled Student Services Office.

**Grade Composition:**

<table>
<thead>
<tr>
<th>Component</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam I</td>
<td>25%</td>
</tr>
<tr>
<td>Exam II</td>
<td>25%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>25%</td>
</tr>
<tr>
<td>Term Paper <em>(Due June 24th, 2012 using turnitin)</em></td>
<td>10%</td>
</tr>
<tr>
<td>Stress management activities (see Titanium)</td>
<td>10%</td>
</tr>
<tr>
<td>Stress Management Class Labs <em>(in class)</em></td>
<td>5%</td>
</tr>
<tr>
<td>Total</td>
<td>100%</td>
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**Grading Scale:**

<table>
<thead>
<tr>
<th>Percent</th>
<th>Grades</th>
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<tbody>
<tr>
<td>98-100%</td>
<td>A+</td>
</tr>
<tr>
<td>93-97%</td>
<td>A</td>
</tr>
<tr>
<td>90-92%</td>
<td>A-</td>
</tr>
<tr>
<td>87-89%</td>
<td>B+</td>
</tr>
<tr>
<td>83-86%</td>
<td>B</td>
</tr>
<tr>
<td>80-82%</td>
<td>B-</td>
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</table>
Course Outline:

PART I UNDERSTANDING THE NATURE OF STRESS
A. The Meaning of Stress
B. The Body’s Reactions to Stress
C. Sources of Stress Across the Lifespan
D. Adaptive and Maladaptive Behavior
E. Individual and Cultural Differences

PART II STRATEGIES OF STRESS MANAGEMENT AND PREVENTION
A. Challenging Stressful Thinking
B. Problem Solving and Time Management
C. Psychological and Spiritual Relaxation Methods
D. Physical Methods of Stress Reduction
E. Preparing for the Future: College and Occupational Stress
F. Care of the Self: Nutrition and Other Lifestyle Issues
G. Stress and Conflict in Relationships

PART III STRATEGIES OF SYNTHESIS AND PREVENTION
A. Resilience and Stress
B. Optimal Functioning
C. Making Changes Last

Tentative Course Schedule:

<table>
<thead>
<tr>
<th>Lecture Topics</th>
<th>Assigned Readings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit 1.</td>
<td></td>
</tr>
<tr>
<td>The Meaning of Stress</td>
<td>Chapter 1</td>
</tr>
<tr>
<td>The Body’s Reactions to Stress</td>
<td>Chapter 2</td>
</tr>
<tr>
<td>Sources of Stress across the Lifespan</td>
<td>Chapter 3</td>
</tr>
<tr>
<td>Adaptive and Maladaptive Behavior</td>
<td>Chapter 4</td>
</tr>
<tr>
<td>Individual and Cultural Differences</td>
<td>Chapter 5</td>
</tr>
<tr>
<td>Review</td>
<td></td>
</tr>
<tr>
<td>Exam I (June 6th)</td>
<td></td>
</tr>
</tbody>
</table>

Unit 2
Challenging Stressful Thinking                       | Chapter 6
Problem Solving and Time Management      Chapter 7
Psychological and Spiritual Relaxation Methods Chapter 8
Physical Methods of Stress Reduction        Chapter 9
Preparing for the Future: College and Occupational Stress Chapter 10
Review

Exam II (June 19th)

Unit 3
Care of the Self: Nutrition and Other Lifestyle Issues   Chapter 11
Stress and Conflict in Relationships                Chapter 12
Resilience and Stress                               Chapter 13
Optimal Functioning to Make Your Changes Last       Chapter 14
Review

Final Exam (June 27th 2012)