

Fall 2011 Course Syllabus* for “Stress Management,” 3.0 credits
PSY 2430-50 R 5:15-7:45
Course #44526 McDon 102

*Subject to change as instructor deems necessary.

Instructor: Valerie Carlson, M.S. Biochemical Engineering, B.A. Functional Biology, Russian
In progress: PsyD Health and Wellness Psychology

Required Texts: Seaward, B. L. (2012). *Managing stress: Principles and strategies for health and well-being* (7th ed.). Burlington, MA: Jones & Bartlett Learning.

Office Hours: WSSC 340, MWF 10am-11am. *If you would like to set up a different time to meet with me, email me and let me know. I want to help you succeed!! I am here for you!!*

Email vcarlson@dixie.edu (You are required to check your dmail daily.)

This is usually the most efficient way of communicating with me outside of office hours. I check my email several times per day. **Home Telephone: (435) 275-4310. Office phone: (435) 879-4293.** If you would like to speak with me, you are welcome to call between the hours of 8am-9pm Monday through Saturday. *Be nice.*

Course Description: “For students of all disciplines who wish to learn more about the stress response. Sources of stress, physiological and psychological responses to stress and other components of stress will be investigated. Students will be given relaxation training through several alternative approaches. Includes examinations from the text, completion of self-appraisals, and self-exploration through written exercises.” (From DSC Course Catalog)

Course Objectives: Students in Stress Management will develop and demonstrate a basic understanding of the following:

- General sources of stress
- Personal sources of stress
- Psychophysiology of the stress response
- Effects of chronic and acute stress on psychological processes.
- Stress reduction strategies, including relaxation, mindfulness, sitting and moving meditation, nutrition, sleep hygiene, exercise, etc.
- Creation and implementation of a flexible personal stress management program

Attendance Policy: Come to class. There is a strong correlation between class attendance, participation, and grade. Attend class regularly and participate in class discussions. Regardless of the reason for the absence, the student is responsible to find out about, and make up, missed work.

Classroom Policy: All students are encouraged to participate in classroom and online discussions, but appropriate levels of maturity and respect (to the instructor and other students) must be demonstrated. Come prepared and with a good attitude. Be prepared for give and take. Encourage each other to participate, and we’ll have a great experience.

Academic Integrity: Cheating and plagiarism of any kind are not tolerated. For further information regarding student responsibilities related to academic integrity, please refer to Section 5.33.5 of the DSC policy, which can be viewed at <http://www.dixie.edu/humanres/policy/sec5/533.html>.

Students with Disabilities:

“If you are a student with a medical, psychological or a learning difference and requesting reasonable academic accommodations due to this disability, you must provide an official request of accommodation to your professor(s) from the Disability Resource Center *within the first two weeks of the beginning of classes*. Students are to contact the center on the main campus to follow through with, and receive assistance in the documentation process to determine the appropriate accommodations related to their disability.”

You may call (435) 652-7516 for an appointment and further information regarding the Americans with Disabilities Act (ADA) of 1990 per Section 504 of the Rehabilitation Act of 1973.

FREE OUTSIDE HELP:

The Browning Learning Resource Center houses both the tutoring and writing centers.

- Library - <http://library.dixie.edu>
- Writing Center - http://dixie.edu/english/dsc_writing_center.php
- Testing Center - <http://dixie.edu/testing>
- Tutoring Center - <http://dsc.dixie.edu/tutoring/>

Email: You are required to frequently check your *dmail* account. Important class and college information will be sent to your dmail account, including DSC bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSC and in your courses. If you don't know how to access your dmail account, go to www.dixie.edu and select "Dmail" from the left column. To locate your dmail username and password, go to www.dixie.edu, and click on "Log in to student services" (upper right corner).

General Policies:

- **Attendance is mandatory.** You may miss one class period without penalty. After that, you will miss 10 points for every class period missed, and 10 points for each worksheet package not submitted. You may find Dixie's policy regarding attendance at <http://www.dixie.edu/humanres/policy/sec5/523.html>.
- Students guilty of cheating/plagiarism will be dealt with according to college policy as found at <http://www.dixie.edu/humanres/policy/sec3/334.html>.

3-34 ACADEMIC DISCIPLINE

34.1 Cheating: Academic dishonesty in any form will not be tolerated at Dixie State College, including but not limited to plagiarism on written assignments, submitting other person's work as one's own, and cheating on exams or quizzes. Teachers at Dixie State College may discipline students proven guilty of academic dishonesty by:

34.1.1 Giving a failing grade on the specific assignment where dishonesty occurred,

34.1.2 Failing the student in the entire course,

34.1.3 Immediately dismissing and removing the student from the course, and/or

34.1.4 Referring the student to Student Affairs, a committee which may reprimand, place on probation, suspend, and/or expel the student.

34.2 Disruptive Behavior: Teachers at Dixie State College have the right to manage the classroom environment to ensure a good learning climate. Toward this end, teachers (or college security) may dismiss and remove disruptive students from individual class activities. If a student's behavior continues to disrupt class activities, the teacher may dismiss and cause the removal of disruptive students from their course.

34.3 Student Appeals: Students who believe themselves wrongfully disciplined may appeal those disciplinary actions through the standard grievance procedure. (Policy 5-35)

DSC Procedural DATES TO TAKE NOTE OF:

Aug 24	Last Day to Add Without Signature	Oct 17	Last Day to DROP/AUDIT Classes
Aug 29	Drop/Audit Fee Begins (\$10 per class)	Nov 11	Last Day for Complete Withdrawal
Sep 5	Labor Day		
Sep 6	\$50 Late Registration/Payment Fee	Nov 15	Career Day
Sep 12	Pell Grant Census	Nov 15	Spring Registration open to Juniors (60+ credits)
Sep 12	Last Day for Refund		
Sep 12	Last Day to drop without receiving a "W" grade	Nov 16	Spring Registration open to Sophomores (30+ credits)
Sep 13	Courses dropped for non-payment	Nov 17	Spring Registration Open to All Students
Sep 16	Last Day to ADD Classes	Nov 23-25	Thanksgiving Break
Sep 30	Graduation Application Deadline	Dec 9	Classwork Ends
Oct 12	Mid-Term Grades Due	Dec 12-16	Final Exams
Oct 13-14	Semester Break		

Grading:

Attendance:	13 x 10 = 130 points (You may miss one class period without penalty.)
Worksheets:	13 x 10 = 130
4 Quizzes (testing center)	4 x 25 = 100
Stress Management Project	140
Paper (APA format)	100
Final Exam	<u>100</u>
Total Points Possible = 700	

Final Grades will be determined on a standard percentage basis:

A = 93%, A- = 90%, B+ = 87%, B = 83%, B- = 80%, C+ = 77%, C = 73%, C- = 70%, and so forth.

!! FINAL EXAM DATE is Thurs, Dec 15, 5pm !!!!!!!!!!!!!!!

This date cannot be changed for you, so plan accordingly.

Paper assigned Sep 8, draft due Sep 29, final paper due Oct 6

Stress Management Project assigned Oct 6, due Dec 8

All quizzes given in the testing center and will include all material in textbook covered *before* the week of the quiz.

Quiz 1: Week of Sep 22

Quiz 2: Week of Oct 20

Quiz 3: Week of Nov 10

Quiz 4: Week of Dec 1

****Workbook assignment due at beginning of class.**

Date	Topic	Chapters to Read Before Class	Workbook**
Aug 25	Syllabus; Nature of Stress	--	--
Sep 1	Sociology of Stress; Social Support	1, 2, 17	--
Sep 8	Physiology of Stress; Exercise & Nutrition	3, 28	1.1, 2, 3, 8, 9/ 2.1, 2/ 17.1
Sep 15	Stress & Disease; Breathing & Relaxation	4, 18, 25	3.1, 2/ 28.1, 3, 5, 6
Sep 22	Psychology of Stress; Meditation	5, 19	4.1, 2/ 18.1/ 25.1
Sep 29	Stress Emotions; Cognitive Restructuring	6, 9	5.1, 6, 8/ 19.1, 2
Oct 6	Stress & Personality; Behavior Modification	7, 10	6.1, 2, 3, 6, 9/ 9.2
Oct 20	Stress & Spirituality; Journal Writing	8, 11	7.3, 4, 11/ 10.3, 5
Oct 27	Art Therapy; Mental Imagery	12, 21	8.4, 5, 7, 8/ 11.5, 6
Nov 3	Humor Therapy; Hatha Yoga	13, 20	21.1
Nov 10	Creative Problem Solving; Music Therapy	14, 22	13.1/ 20.1
Nov 17	Communication Skills; Massage Therapy	15, 23	14.4/ 22.1
Dec 1	Resource Management; Tai Chi Chuan	16, 24	15.1/ 23.2
Dec 8	Autogenic Training; Biofeedback	26, 27	16.2, 5, 7/ 24.1, 2
Dec 15	Comprehensive Final 5pm		26.1/ 27.1 (due at final exam)