

STRESS MANAGEMENT

COURSE SYLLABUS

Fall 2021

Course Title: Stress Management
Course Number: ALHS 4333.060
Credits: 3 Hrs.
Days/Hours of Class: Online
Room: Virtual

Instructor Information

Dr. John H. Sloan
Office Room: Online off campus
Email Address: Use course Inbox included in Canvas
Emergency Number: 903-566-7031 (Tina Taylor)
Office Hours: By appointment

Textbook

Brian Luke Seaward, (2022). *Managing Stress. (10th Edition)*. Jones and Bartlett. ISBN: 978-1-284-19999-4 {From Amazon or the university book store}

Catalog Description:

Study of the situations and underlying processes that result in emotional and physiological arousal, including life assessments, behavioral interventions for altering arousal levels. There are no prerequisites for this course.

Important

You must read this syllabus carefully and in its entirety. The syllabus is intended to provide key information at the outset of the course, as well as throughout the entire semester. You should refer to the syllabus as needed throughout the course. A short quiz will be given over this material in the Getting Started section of the course.

Student Learning Outcomes: At the completion of this course you will be able to:

- Define stress and identify types of stressors.
- Assess and explain the presence and cause of stress reactivity.

- Identify the physiological systems that are affected by stressors and describe the long-term effects and illnesses that can result from stressors.
- Identify personality factors and their role in stress.
- Describe and actively engage in physiological, behavioral, and cognitive interventions throughout the semester.
- Understand stress from a scientific perspective using the theories of stress and apply them to stress reactivity.
- Explain the relationship between exercise, nutrition, and stress.
- Personalize the principles of stress and stress management to one's life.
- Demonstrate the characteristics of an educated person.

Methods of Instruction: Offered Online via CANVAS

Student learning experiences to include but not limited to: a) selected short video comments by Dr. Sloan b) readings assigned from the course textbook c) student assignments d) self-assessment quizzes e) supplementary material as assigned

Technical Support

Since I'm unable to offer technical assistance, do not contact me if you have technical difficulties. Instead, contact CANVAS which provides technical support for this course. Information about technical support is available from the CANVAS global menu (Help).

Communication

The best method to contact me throughout the semester is by email. Every email you send to me related to the course should 1) have "ALHS 4333" in the subject line, 2) use your Patriot email account using the Canvas Inbox instead of a personal email. Failure to follow these instructions may delay the response time, which is generally within 24 hours. Please note that I may not reply to emails on weekends (Friday late afternoon till Monday morning).

Course Outline

Periodically important information may be provided in the "Announcements" in CANVAS (link located in the navigation bar on the left side of the screen in the course).

Course Expectations:

- 1) Participate in and complete all assignments, class activities and learning opportunities.
- 2) Barring an unanticipated act or force of nature (the University being officially closed), assignments and exams will be given at the time and date as specified throughout the Canvas course platform.
- 3) Pay close attention to quiz and assignment instructions and deadlines. Doing exactly what is instructed for a given assignment is critical for receiving maximal points. Be sure to submit each assignment/quiz BEFORE the due date. Late work is not acceptable. No exceptions!

Quizzes

Quizzes will be taken [12 total] online via CANVAS. These are short five to ten questions in length and are important in two ways. First, you are awarded a set number of points for each quiz you complete [5 points] *regardless of your actual score* on the quiz. Second, you will get a quiz score result that provides the number of correct answers you gave with respect to how many were possible. This self-assessment feedback is ONLY provided to

help you manage your study efforts more effectively. These scores DO NOT count toward your semester grade. If your score is low on a quiz you should probably use that feedback to alter your level of study on that material. If your score is high then you can infer that you are studying sufficiently and probably do not need to alter your study habits from what you are currently doing.

Student Assignments

Each module throughout the course has an assigned student activity containing several tasks to complete. These tasks may include such things as thought experiments, self-generated test batteries, case studies, research and observations, personal belief and opinion essays.

Grading

Quizzes – 55 pts (12 quizzes with one excused=11) 5 pts each for completion

Student Assignments – 55 pts (12 Assignments with one excused=11] 0 to 5 pts each

Midterm –100 pts

Final Exam – 100 pts

Total Points Possible – 310 pts

A= 310-291, B=290-271, C=270-251, D=250-231, F=231 and below

SEMESTER KEY DATES:

1. August 23 – Classes begin
2. August 27 – Census Date
3. September 6 – Labor Day
4. September 23 – Last day to withdraw
5. October 9 – Final Exams & End of Term & Course closed

Engagement:

A record of course activity and access will be maintained. There will be NO MAKEUPS of quizzes, assignments or major exams. No “extra credit” is available in this course.

COURSE PLAN

Tentative Course Calendar/Schedule (subject to change)

The Announcements area in CANVAS presents a week-by-week schedule of reading and assignments, as well as reminders of deadlines. You are expected to be diligent and disciplined in checking this schedule frequently throughout the course.

MODULE #	DATE RANGE	READING	ASSIGNMENT	QUIZ
GETTING STARTED	8/23-8/27	Syllabus	Introduce yourself	Q-0
MODULE 1	8/30-9/3	Ch 1 & Ch 2	SA-1	<u>Q-1</u>
MODULE 2	9/6 - 9/10	Ch 3 & Ch 4	SA-2	Q-2
MODULE 3	9/13 - 9/17	Ch 5 & Ch 6	SA-3	Q-3
MODULE 4	9/20 - 9/24	Ch 7 & Ch 8	SA-4	Q-4

MODULE 5	9/27 - 10/1	Ch 9 & Ch 10	SA-5	Q-5
MIDTERM EXAM	10/4 - 10/8	Study for Friday exam	No assignment	No Q
MODULE 6	10/11 - 10/15	Ch 11 & Ch 12	SA-6	Q-6
MODULE 7	10/18 - 10/22	Ch 13 & Ch 14	SA-7	Q-7
MODULE 8	10/25 - 10/29	Ch 15 & Ch 16	SA-8	Q-8
MODULE 9	11/1 - 11/5	Ch 19 & Ch 21	SA-9	Q-9
MODULE 10	11/8 - 11/12	Ch 22 & Ch 25	SA-10	Q-10
MODULE 11	11/14 - 11/19	Ch 27 & Ch 28	SA-11	Q-11
THANKSGIVING	11/22 - 11/26	No assignments		
STUDY FOR FINAL	11/29 - 12/3	No assignments		
FINAL EXAM	12/6	Comprehensive 6:00 AM-6:00 PM		