

Fall 2025 Course Syllabus

Stress Management

COURSE TITLE: STRESS MANAGEMENT

Course Number: ALHS 4333.060

Credits: 3 Hours

Days/Hours of Class: Online

Room: None

INSTRUCTOR INFORMATION

Name and Title: Sarah Alexander, M.S., CBE

Email Address: sarahalexander@uttyler.edu

COMMUNICATION WITH INSTRUCTOR

You may contact me via the messaging feature in Canvas, which will automatically forward to my email. I will utilize Canvas to contact you throughout the semester. I will post updates and send important information about assignments and schedule changes through **Canvas Announcements**. Important: It is your responsibility to check your email, Canvas messages, and Canvas Announcements frequently.

REQUIRED TEXTBOOK

MindTap for Olpin/Hesson's Stress Management for Life: A Research-Based Experiential Approach, 1 term Printed Access Card | 9780357730300 5th Edition. This platform will include the textbook. You may order this book from the UT Tyler Bookstore: <http://uttyler.bncollege.com/> Phone: 800-UTTYLER (800-888-9537) or 903-566-7070

COURSE DESCRIPTION

Study of the situations and underlying processes that result in emotional and physiological arousal, including life assessments, behavioral interventions for altering arousal levels.

METHOD OF INSTRUCTION

This is an online course with no required meeting days/times. You are required to complete all assignments online using a platform called, CANVAS and MindTap. Student learning experiences include but are not limited to: a) reading assigned textbook b) completion of online quizzes and exams and c) necessary communication with the instructor.

ASSIGNMENTS

1. Quizzes: There will be weekly, timed, multiple-choice quizzes over assigned chapters this semester. Do NOT collaborate with other students on quizzes. Cheating will not be tolerated. If you miss the deadline for a quiz for **any reason**, including illness, you may request a make-up, all-essay quiz.
2. Exams: You will have a midterm and final exam. The exams will be timed and you will get your results back immediately upon completion. There will be no make-up exam opportunities or late submissions.

GRADING

Quizzes (60%) Midterm Exam (20%) Final Exam (20%)

Grading

A= 90-100%

B=80-89

C=70-79

D=60-69

F=59 and below

COURSE CALENDAR

To view the course schedule, you may go to Canvas and find the course Calendar, located on the far-right menu. I reserve the right to modify this syllabus or course schedule at any time. If there are any changes or modifications, you will be notified in a timely manner via canvas announcement. You are responsible for paying **attention to announcements** as well as checking your canvas inbox/student email; It is crucial to your success in the course.

TECHNICAL SUPPORT

If you have technical difficulties and need help, there are several resources available to you. UT Tyler's IT Support department can provide technical support for this course. **To reach IT Support** you can visit their [website](#).

Find **Cengage support** under [Where to begin](#) in Canvas.

For Canvas support, click the Help button on the Global Navigation menu to the left to reach support via phone, online chat, or email. Canvas support is available **24/7** but is rarely helpful.

Please note, no one is available 24/7. Turn quizzes and exams in ahead of time to avoid late penalties.

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