

## Syllabus

### STRESS MANAGEMENT

PSYC 306 - 04

3 Credits

**Class Meets** Thursday 6:00pm – 8:40pm

**Classroom:** Building WH, Room 333

Shepherd University  
Psychology Department

**Instructor:** Kimberly Rowe, M.A.

**Cell phone:** 301-991-4449

**Office hours:** I will make arrangements as needed to accommodate students' needs

**Email Address:** [krowe@frostburg.edu](mailto:krowe@frostburg.edu)

### Course Description:

This course examines different sources from where individuals experience a stress response: environment, social, physiology, and individual thoughts/perceptions. The stress response is studied as a product of the way in which individuals react to and interact with their environment and life situations. The relationship between stress and physiological/psychological illnesses is discussed. Practical and effective stress management options are explored.

**Required Textbooks:** Textbooks can be purchased at the college bookstore or from an online bookstore (i.e. Amazon.com). All texts are the most current edition as of July 2006.

*Comprehensive Stress Management*, 9th edition

Copyright: 2006

Author: Jerrold Greenberg

Publisher: McGraw-Hill Humanities/Social Sciences/Languages

*Your Personal Stress Profile And Activity Workbook*, 4th edition

Copyright: 2006

Author: Jerrold Greenberg

Publisher: McGraw-Hill Humanities/Social Sciences/Languages

### Course Objectives:

At the completion of the course, the student will be able to:

1. Define and identify stressors.
2. Understand the purpose of stressors.
3. Understand the physiological systems that are affected by stressors and the long-term effects and illnesses that can result from stressors.
4. Understand the psychological effects of stressors.
5. Understand the specific applications of stress as it relates to the workplace and different target groups.
6. Understand and identify interventions.
7. Discover his/her own individual stressors and the effects of those stressors.
8. Discover his/her current stress management style and determine its effectiveness.
9. Create effective stress management plans for individual clients and for workplace environments.

### Major Assignments:

1. **Physiology and Stress report.** You are required to write a report on one physiological system and how stressors affect that system. In the report, you will need to explain the physiological system, i.e. definition of key terms, function. **Describe in detail one chronic stress-related physiological disease that affects that physiological system.** Give a description of the disease, the symptoms, the causes, and any additional information that may be pertinent to the disease and system that you have

chosen. The report should be 4-6 pages, and in APA format. **You must use sources other than your textbook.**

Choose one system from the following list:

- a. **Respiratory**
- b. **Gastrointestinal**
- c. **Cardiovascular**
- d. **Endocrine**
- e. **Dermatological**
- f. **Immune**
- g. **Muscularskeletal**

If you need assistance with APA style, refer to the APA website at: <http://www.apastyle.org/>. I also encourage you to buy a copy of the *Publication Manual of the American Psychological Association: Fifth Edition, 2001*.

**Due Week Four. This assignment is 15% of your grade.**

2. **“Self-help” book reaction paper.** It is important to be familiar with the numerous self-help books that are currently on the market. Some are very informative and helpful while many are not. You can find “self-help” books at the local library and local bookstores. **You are required to read one self-help book on stress management/reduction and write your reaction to the book.** This paper is NOT a book report or a book summary. The paper should include your personal thoughts, feelings, questions, and reflections from reading the book. The paper can contain “I” statements and does not have to be APA style.

**You must have your book approved by the fifth week of class.**

**The Reaction Paper is Due Week Seven. This assignment is 15% of your grade.**

3. **Group Project and Presentation.** Everyone will be assigned to a group. Each group will be assigned a specific topic to research and present to the class. It is up to each group to decide how they will present the information to the class. Groups may use any format they choose and are free to be as creative as they want to be. **All members of the group must participate in the research and organization of the material for the presentation,** however, groups may choose just one member of the group to give the presentation to the class, or they may choose to have any number of members from the group present. You will need to include visuals and/or handouts as part of the presentation. **An outline of the presentation, references, and your Group Presentation Grade Sheet will be turned in the day of your presentation.**

**Due Week 12 or 13 as assigned, please check the class schedule for presentation date. This assignment is 20% of your grade.**

The five presentation topics are:

- a. African-American and Stress
- b. American Indian (Native American) and Stress
- c. Hispanic and Latino and Stress
- d. Asian American and Stress
- e. Aging Baby Boomers and Stress

**Include the group’s specific stressors and any health issues commonly seen in your group that is associated with stress or can be a source of stress. Also include any positive contributions to the understanding or treatment of stress that has been made by your group. You may use your textbook for reference and as a topic guide, but you must have research from sources other than the textbook.**

### Grading Procedures

Physiology and Stress Report	15%
Reaction Paper	15%
Group Presentation	20%
Midterm	20%
Final	20%
Class Participation	10%

***Your Personal Stress Profile and Activity Workbook can be reviewed after completion for 5 extra credit points.*** (It is your personal workbook. I will only be looking at its completion, not reading its content, and the workbook will not leave the classroom.)

### Grading Scale

**A** (100-90) **B** (89-80) **C** (79-70) **D** (69-60)

<b>Course Schedule</b>
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Week	Text Readings	Topics Covered	Tests / Assignments due
1 <b>8/24</b>	Syllabus	1. Introduction 2. Syllabus	
2 <b>8/31</b>	Greenberg, Ch. 1 Greenberg WB, Sec. I, II	1. Stress Reaction 2. Stressors	Selective Awareness Activity (Workbook p. 5)
3 <b>9/7</b>	Greenberg, Ch. 2, 3 Greenberg WB, Sec. III	1. Physiological systems 2. Illnesses and diseases	Physiology and Stress report due <b>next week</b>
4 <b>9/14</b>	Greenberg, Ch. 4, 5	1. Stress models/theories 2. Intrapersonal interventions	<b>Physiology and Stress Report due</b>  Bring book for approval <b>next week.</b> <b>Book can be approved any time prior to Week 5.</b>
5 <b>9/21</b>	Greenberg, Ch. 6, 8 Greenberg WB, Sec. IV, V	1. Interpersonal interventions 2. Spirituality	Book Approval for Reaction Paper  Assign groups for Group Presentations
6 <b>9/28</b>	Greenberg, Ch. 7, 9 Greenberg WB, Sec. VI	1. Perception 2. Meditation	Reaction paper due <b>next week</b>  Greenberg Workbook pages 60-63
7 <b>10/5</b>	Greenberg, Ch. 10, 11, 12 Greenberg WB, Sec. VII	1. Relaxation techniques	<b>Reaction Paper due</b>  Study for Midterm <b>next week</b>
8 <b>10/12</b>	<b>Midterm</b>	<b>Midterm</b>	<b>Midterm</b>
9 <b>10/19</b>	Greenberg, Ch. 13, 15	1. Exercise 2. Diversity	Work on group presentations
10	Greenberg, Ch. 14	1. Strategies for decreasing	Work on group presentations

<b>10/26</b>	Greenberg WB, Sec. VIII	stressful behaviors 2. Rational-Emotive Behavior Therapy	
<b>11/2</b>	Greenberg, Ch. 16, 17 Greenberg WB, Sec. IX	1. Occupational Stress 2. Stress and college	<b><u>African-American Stress, American-Indian Stress, and Baby Boomer Stress</u></b> Groups Presentations are <b>DUE NEXT WEEK</b>
<b>11/9</b>	Group Presentations	African-American Group American-Indian Group Baby Boomer Group	<b><u>Hispanic/Latino Stress, Asian-American Stress</u></b> Groups Presentations are <b>DUE NEXT WEEK</b>
<b>11/16</b>	Group Presentations	Hispanic/Latino Group Asian-American Group	<b>NO CLASS NEXT WEEK</b>
<b>11/23</b>	<b>Thanksgiving</b>	<b>NO CLASS</b>	Bring your <b>COMPLETED</b> workbook <b>NEXT WEEK</b> for <b>5 EXTRA CREDIT POINTS</b>
<b>11/30</b>	Greenberg, Ch. 18	1. Family Stress	<b>COMPLETED Workbook</b> can be reviewed for <b>extra credit</b>
<b>12/7</b>	<b>Final Review</b>		
<b>12/14</b>	<b>Final Exam</b>		

### **Academic Integrity**

Each student in this course is expected to abide by the Shepherd University Academic Integrity Procedures found in the *Shepherd University Student Handbook*.

### **Attendance Policy**

I will take attendance at the beginning of each class. I do not take points off for missed classes, however, 10% of your grade is class participation. If you are not in class, you will not be able to participate. Class participation is not just contributing verbally to the discussions. **This class will include a stress management technique every week, and I expect every student to participate in every technique that is presented during class time.**

### **Exam Make-up Policy**

Students are only permitted to make-up an exam if an emergency prevents them from attending class on the day of the exam. Written documentation of the emergency must be provided. Make-up exams will be given in the Academic Support Center in 106 Knutti Hall.

### **Late Work Policy**

Late work will not be accepted unless there is documented proof of an emergency that prevented you from attending class on the day the assignment was due.

### **Shepherd Plagiarism Policy**

Plagiarism will not be tolerated. Plagiarism will result in a minimum of a zero for the assignment. Please refer to the "Academic Integrity Procedures" in the Academic Freedom and Responsibility section of *The Student Handbook*.

**Group Presentation Scoring Rubric**

Topic of Presentation \_\_\_\_\_

Group members' names and grade for each group member on their participation in the group assignment (A, B, C, D, E, F). Please justify the grade you have given to each member.

1.  
**Your name and your grade for yourself goes on line 1.**

2.

3.

4.

5.

Instructor's grades (100 possible points)

Outline \_\_\_\_\_ (10 points)

References \_\_\_\_\_ (10 points)

Visuals/Handouts \_\_\_\_\_ (20 points)

Materials fit the topic  
Materials viewable from entire room  
Smooth transitions between visuals

Organization \_\_\_\_\_ (20 points)

Points presented in a logical order  
Smooth transitions between points  
Opening grabbed the attention of the audience  
Closing summarized major points

Coverage of Topic \_\_\_\_\_ (20 points)

Ample support provided for each point  
Audience provided application or challenge

Overall Presentation \_\_\_\_\_ (20 points)

Voice strong and clear  
Pace and tone appropriate  
Shows confidence in material presented