



Psychology

School of Education and Behavioral Sciences

PSY 451-FLEX

Credits: #3 Section: #451-90-9 Term: Fall 2025

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Office Hours: By appointment

School & Department Information

School of Education and Behavioral Sciences

Office Location: Behavioral Sciences Building

Phone: (808) 739-4641

If you have questions regarding the Psychology Department, reach out to your Instructor or the School of Education and Behavioral Sciences.

Course Description & Materials

Catalog Course Description

This course examines the relationship between psychological states, social contexts, and physical reactions, focusing on stress, illness, exercise, nutrition, sleep, coping skills, relaxation, social support, and lifestyle changes. Students will explore both Eastern (Daoist, Buddhist, Confucian) and Western (evolutionary theory) approaches to health and stress management, including experiential learning through Tai Chi and Qigong.



Co-requisites/Pre-Requisites: None

Time Allocation

This is a three-credit hour course requiring 135 clock hours over 15 weeks. Students will spend approximately 37.5 hours in class or equivalent online activities, 48 hours on assignments and projects, 15 hours on reflections, 10.5 hours studying for exams, and about 24 hours on readings and other preparation.

Required Materials

- Santee, R. An Integrative Approach to Counseling: Bridging Chinese Thought, Evolutionary Theory, and Stress Management.
- Santee, R. The Tao of Stress: How to Calm, Balance, and Simplify Your Life.

Recommended Items

Canvas (<https://chaminade.instructure.com>)

Canvas will be used for assignment submissions, accessing course materials, participating in discussions, and receiving course announcements. All students are expected to check Canvas regularly for course updates.

Learning Outcomes

Program Learning Outcomes (PLOs)

Upon completion of the Psychology program, the student will be able to:

1. Identify key concepts, principles, and overarching themes in psychology.
2. Exhibit the value of adaptation and change through the critical thinking process of interpretation, design, and evaluation of psychological research.
3. Exhibit effective writing and oral communication skills within the context of the field of psychology.
4. Exhibit the value of educating the whole person through the description and explanation of the dynamic nature between one's mind, body, and social influences.

Course Learning Outcomes (CLOs)

Upon completion of PSY 451, the student will be able to:



1. Use the scientific method in health and stress psychology.
2. Develop and apply a Personal Stress Management Program (PSMP).
3. Explain the role of Tai Chi and Qigong in health and stress prevention.
4. Identify cognitive, affective, behavioral, and biological aspects of stress.
5. Apply holistic approaches to stress management from multiple perspectives.

Marianist Values

This class represents one component of your education at Chaminade University of Honolulu. An education in the Marianist Tradition is marked by five principles and you should take every opportunity possible to reflect upon the role of these characteristics in your education and development:

1. Education for formation in faith.
2. Provide an integral, quality education.
3. Educate in family spirit.
4. Educate for service, justice and peace, and integrity of creation.
5. Educate for adaptation and change.

This course emphasizes "Educate for Adaptation and Change" by fostering flexible, open-minded thinking, incorporating both Eastern and Western perspectives on stress, and helping students develop adaptable, proactive approaches to managing health and well-being. Through understanding various philosophical approaches to health and stress management, students will gain tools to adapt to life's challenges and promote positive change in their own lives and communities.

Native Hawaiian Values

Education is an integral value in both Marianist and Native Hawaiian culture. Both recognize the transformative effect of a well-rounded, value-centered education on society, particularly in seeking justice for the marginalized, the forgotten, and the oppressed, always with an eye toward God (Ke Akua). This is reflected in the 'Olelo No'eau (Hawaiian proverbs) and Marianist core beliefs:

1. Educate for Formation in Faith (Mana) E ola au i ke akua ('Olelo No'eau 364) May I live by God.
2. Provide an Integral, Quality Education (Na'auao) Lawe i ka ma'alea a kũ'ono'ono ('Olelo No'eau 1957) Acquire skill and make it deep.
3. Educate in Family Spirit ('Ohana) 'Ike aku, 'ike mai, kōkua aku kōkua mai; pela iho la ka nohana 'ohana ('Olelo No'eau 1200) Recognize others, be recognized, help others, be helped; such is a family relationship.
4. Educate for Service, Justice and Peace (Aloha) Ka lama kũ o ka no'eau ('Olelo No'eau 1430) Education is the standing torch of wisdom.



5. Educate for Adaptation and Change (Aina) 'A'ohe pau ka 'ike i ka hālau ho'okahi ('Ōlelo No'eau 203) All knowledge is not taught in the same school.

Alignment of Course Learning Outcomes

	CLO 1	CLO 2	CLO 3	CLO 4	CLO 5
Marianist Values	5	5	5	5	5
PLOs	1	4	4	1	4
Native Hawaiian Values	5	5	5	5	5

Course Activities

Discussions

There will be six discussion question responses throughout the semester, each worth 5 points (30 points total). Students are expected to post thoughtful, substantive responses that demonstrate critical thinking and engagement with course material. Each response should be at least 250 words and include references to course readings or other scholarly sources.

Homework

Throughout the semester, students will complete various assignments including:

- Yoga, Tai Chi, Qigong Critical Evaluation Paper (25 points): Students will research and critically evaluate the history, principles, and health benefits of one of these practices.
- Exercise Reflection Paper (25 points): Students will engage in a specific exercise regimen for one week and reflect on the physical, mental, and emotional effects.
- Personal Stress Management Program (PSMP) Logs (15 points): Students will maintain weekly logs documenting their implementation of stress management techniques for 3 weeks.
- PSMP Weekly Reflections (15 points): Students will write weekly reflections on their experience implementing their PSMP for 3 weeks.
- PSMP Overall Analysis & Reflection (10 points): A final comprehensive analysis of the effectiveness of students' personalized stress management strategies.

Exams

There will be two exams in this course:



- Midterm Exam (100 points): Will cover material from the first half of the semester, including scientific method, stress overview, neuropsychology, mind wandering, negativity bias, stress response, and brain systems.
- Final Exam (200 points): Comprehensive exam covering all course material with emphasis on the latter half of the semester.

Both exams will include multiple-choice, short answer, and essay questions. Study guides will be provided prior to each exam.

Course Policies

Attendance

Regular participation in online activities is required and will be monitored through Canvas engagement metrics, including discussion posts, assignment submissions, and access to course materials. Students are expected to log in to the course at least 3 times per week.

Changes to the Syllabus

While the provisions of this syllabus are as accurate and complete as possible, your instructor reserves the right to change any provision herein at any time. Every effort will be made to keep you advised of such changes, and information about such changes will be available from your instructor.

Grades of Incomplete

Incomplete grades will only be given in cases of documented emergencies that prevent course completion, and only when at least 75% of the coursework has been completed with a passing grade. Students must initiate the request and provide documentation of the emergency. A written agreement between the student and instructor is required, outlining the specific work to be completed and deadlines.

Final Grades

Final grades are submitted to [Self-Service](#):



A = 90% and above

B = 80-89%

C = 70-79%

D = 60-69%

F = 59% and below

Total possible points: 420 points

Important Information

Academic Honesty

Academic honesty is an essential aspect of all learning, scholarship, and research. It is one of the values regarded most highly by academic communities throughout the world. Violations of the principle of academic honesty are extremely serious and will not be tolerated.

Students are responsible for promoting academic honesty at Chaminade by not participating in any act of dishonesty and by reporting any incidence of academic dishonesty to an instructor or to a University official. Academic dishonesty may include theft of records or examinations, alteration of grades, and plagiarism, in addition to more obvious dishonesty.

Questions of academic dishonesty in a particular class are first reviewed by the instructor, who must make a report with recommendations to the Dean of the Academic Division. Punishment for academic dishonesty will be determined by the instructor and the Dean of Academic Division and may include an "F" grade for the work in question, an "F" grade for the course, suspension, or dismissal from the University.

For the most up to date information, please refer to the [Academic Honesty Policy](#) on the Chaminade University Catalog website.

Title IX and Nondiscrimination Statement

Chaminade University of Honolulu is committed to providing a learning, working and living environment that promotes the dignity of all people, inclusivity and mutual respect and is free of all forms of sex discrimination and gender-based violence, including sexual assault, sexual harassment, gender-based harassment, domestic violence, dating violence, and stalking. As a member of the University faculty, I am required to immediately report any incident of sex discrimination or gender-based violence to the campus Title IX Coordinator.



Nondiscrimination Policy & Notice of Nondiscrimination

Chaminade University of Honolulu does not discriminate on the basis of sex and prohibits sex discrimination in any education program or activity that it operates, as required by Title IX and its regulations, including in admission and employment. Inquiries about Title IX may be referred to the University's Title IX Coordinator, the U.S. Department of Education's Office for Civil Rights, or both and contact information may be found at the [Chaminade University Title IX Office Contact Information and Confidential Resources website](#). On-campus Confidential Resources may also be found here at [CAMPUS CONFIDENTIAL RESOURCES](#).

The University's Nondiscrimination Policy and Grievance Procedures can be located on the University webpage at: <https://chaminade.edu/compliance/title-ix-nondiscrimination-policies-procedures/>.

To report information about conduct that may constitute sex discrimination or make a complaint of sex discrimination under Title IX, please refer to the [Campus Incident Report form](#). Chaminade University of Honolulu prohibits sex discrimination in any education program or activity that it operates. The NOTICE of NONDISCRIMINATION can be found here: [Notice of Nondiscrimination](#).

CUH Alert Emergency Notification

To get the latest emergency communication from Chaminade University, students' cell numbers will be connected to Chaminade's emergency notification text system. When you log in to the Chaminade portal, you will be asked to provide some emergency contact information. If you provide a cellphone number, you will receive a text from our emergency notification system asking you to confirm your number. You must respond to that message to complete your registration and get emergency notifications on your phone.

Assessment for Student Work

With the goal of continuing to improve the quality of educational services offered to students, Chaminade University conducts assessments of student achievement of course, program, and institutional learning outcomes. Student work is used anonymously as the basis of these assessments, and the work you do in this course may be used in these assessment efforts.

Student with Disabilities Statement

Chaminade University of Honolulu offers accommodations for all actively enrolled students with disabilities in compliance with Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act (ADA) of 1990, and the ADA Amendments Act (2008).



Students are responsible for contacting Kokua Ike: Center for Student Learning to schedule an appointment. Verification of their disability will be requested through appropriate documentation and once received it will take up to approximately 2-3 weeks to review them. Appropriate paperwork will be completed by the student before notification will be sent out to their instructors. Accommodation paperwork will not be automatically sent out to instructors each semester, as the student is responsible to notify Kokua Ike via email at ada@chaminade.edu each semester if changes or notifications are needed.

Kōkua 'Ike: Tutoring & Learning Services

Chaminade is proud to offer free, one-on-one tutoring and writing assistance to all students. Tutoring and writing help is available on campus at Kōkua 'Ike: Center for Student Learning in a variety of subjects (including, but are not limited to biology, chemistry, math, nursing, English, etc.) from trained Peer and Professional Tutors. Please check [Kōkua 'Ike's](#) website for the latest times, list of drop-in hours, and information on scheduling an appointment. Free online tutoring is also available via Tutor.com Tutor Me can be accessed 24/7 from your Canvas account. Simply click on Account > Tutor.com For more information, please contact Kōkua 'Ike at tutoring@chaminade.edu or 808-739-8305.

Readings & Due Dates

Week	Theme	Readings	Assignments Due
1	Course intro, scientific method, stress overview	IAC Intro, Ch. 1; TOS Intro, Ch. 1-2	Milestone #1 Discussion 1
2	Neuropsychology, mind wandering, negativity bias	IAC Ch. 2-3; TOS Ch. 3-5	Exercise Reflection Paper
3	Stress response, brain systems	IAC Ch. 4-6	Discussion 2
4	Parasympathetic system, exercise	TOS Ch. 6-8	Yoga, Tai Chi, Qigong Paper
5	Review and Midterm Preparation	Review materials	Midterm Exam
6	Sleep, diet, cultural aspects	IAC Ch. 7; TOS Ch. 9-10	PSMP Week 1 Log & Reflection
7	Eastern & Western perspectives	IAC Ch. 8-10	Discussion 3, PSMP Week 2 Log & Reflection

Week	Theme	Readings	Assignments Due
8	Stress techniques: Benson, Kabat-Zinn	IAC Ch. 11-13	Discussion 4, PSMP Week 3 Log & Reflection
9	Cognitive restructuring, mindfulness	Additional readings on Canvas	Discussion 5- Milestone #2
10	Social & emotional health	Additional readings on Canvas	Discussion 6
11	Time management, behavior change	Additional readings on Canvas	
12	Review of PSMP progress		PSMP Overall Analysis & Reflection
13	Special topics & case studies	Additional readings on Canvas	
14	Final exam review	Review all materials	
15	Final Exam Week		Final Exam

Book Abbreviations:

- IAC: An Integrative Approach to Counseling
- TOS: The Tao of Stress