

Prny SE 99

COURSE: PSY 30040 The Stress of Life (3 credits)

TEXTS: Xeroxed Material from Transitions by Bridges

Managing Stress by Seaward

Managing Stress A Creative Journal Seaward

INSTRUCTOR: Mitzi Simonelli, Ph.D.

TERM: Spring Evening 1999, Saturdays 8:00 a.m. - 12:00 noon

*SYLLABUS TO CHANGE WITH NOTICE. SESSIONS INCLUDE A COMBINATIN OF LECTURE/DISCUSSIN, SMALL GORUPS, VIDEOS, IN-CLASS WRITINGS, EXPERIENTIAL WORK AND QUESTIONS/ANSWERS.

April 10 Introduction of course
Where Am I in relation to "stress:
Pre-test
Beginning concepts of "transition"
Assign: - Collage on transition
- How do you deal with/handle transition (1 page)

17 Discuss syllabus
Collage due/writing in class/discuss
Discuss one page paper
Xerox on Autobiography in 5 short chapters
Concepts of transition
Video and writing
Xeroxed material in class/discuss
Relaxation technique
Assign: - Personality inventories
- Readings (Xeroxed)
- 3 journal writings due (select from #1-10)

24 Discuss reading
Discuss/write on personality inventories
Journal writing in class (based on your selections)
Relaxation technique
Assign - Interview (based on Transitions)
- Review for reflective writing over Transitions

May 1 Interview due/discuss in small group
Relaxation technique
Reflective writing (in class)
Assign: - Read Ch. 1- 3 *Do self assessments
- 3 Journal writings (select from 11-25)

8 Discuss reading
Journal writing in class (based on your personal (6) writings
Relaxation technique
Assign: - Read Ch. 4-5 and do self assessments
- Collage on anger or fear

- 15 Discuss reading
Collage due/writing in class
Relaxation techniques
Assign: - Read Ch. 6-7 and do self assessments
- Assign "Paths" (ch. 7) to separate students for discussion
- 5 Journal writings (select from 26-50)
- 22 Discuss reading
Assigned students lead discussions (Ch. 7)
Relaxation techniques
Video
Journal writing in class (based on your selection)
Assign: Review for quiz Ch. 1-7
- 29 Relaxation technique
Possible Video
QUIZ
Assign: -Read Ch. 8, 11, 12, 13, 15 and do self assessments
-Final project due June 5
- June 5 Discuss reading
Discuss final project small group
Relaxation technique
Assign: - 5 journal writings due (select from #51 - end)
- Leading discussion of one Ch. from Part 4 (Ch. 17-28)
(No writing required)
- 12 Student led discussions from Ch. 17-28
Journal writing in class (based on your selections)
Evaluation of course
Post-test

ASSIGNMENTS: NO LATE PAPERS ACCEPTED

1. Interview/write up due May 1: Based on the Transitions book (Bridges). You will interview a friend/relative/coworker (not yourself) who is going through a transition or crisis. You will select at least 3 specific issues that the transition book covered and you will create your interview around these issues. Your writing will be typed, double spaced and 5-7 pages in length. Your interview/writing will show how the person relates/doesn't relate to issues discussed in Transitions and in class discussions. You will also discuss coping and transition 'style' and discuss what you learned/gained from doing this interview.
2. Journal writings (from the creative journal) due April 24, May 8, 22, and June 12. You will select the journal writings you wish-based on guidelines in the syllabus. You will have these writings ready for me to view on above dates-and in class (on given dates) we will write a summary of the journal themes and this summary will be turned in.
3. Reflective writing on Transitions May 1.
4. Quiz over text Managing Stress on May 29. (Covers Ch. 1-7)
5. Final Project due June 5. This will be your personal plan for managing stress in your life - a

plan based on what you have learned from this course and what you already know about yourself, your personality and your lifestyle. This plan must contain a chart or visual graph/aid to show how you are going to successfully incorporate this 'stress management' plan into your life on a daily/weekly basis. This will be discussed in small group. I cannot set a number of pages- etc- as this is a creative endeavor and you must decide how to incorporate the learning from this class into your lifestyle and be able to explain how/why this is a healthy aspect of growth for you.

6. Oral presentations due June 12. (No writing to hand in). We will select/divide part IV of the text and discuss your selection in small group.

GRADES

Interview

Reflective writing

Journal writings

Quiz

Final project

Oral presentations

Participation, attendance (subject grade)