

Chaminade University Spring/Evening 2000
Instructor: Sharron Thompson
Contact phone # (808) 942-3786

Psychology 30020: Stress
Text: Stress and Health, 2nd Ed.
Author: Phillip L. Rice

SE OU
 PM

Course Description:

The purpose of this course is to introduce current theories on stress and relaxation techniques through the examination of life transition and stress, adaptation to change and prevention psychology. The study of psychological, sociological and physiological aspects of stress will be balanced with appropriate coping techniques for stress reduction and management.

Methods and Procedures:

The classroom often holds individuals of different cultural and social backgrounds, learning styles and educational interests. Therefore, a variety of teaching/learning methods will be used, including lectures, large and small group discussions, student presentations, audio and video tapes, textbook and handout materials, inventories and assessments of personal stress, and experiential relaxation techniques.

Goals:

1. To develop an increased awareness of the growing body of knowledge and theories of stress and apply this information to daily life.
2. To assist the student to expand knowledge of normal life transitions and adaptation of life change in relation to understanding self.
3. To develop an understanding of the major issues of stress affecting human behavior.
4. To become familiar with the concept of "preventive psychology" in relation to stress.
5. To apply the information from the class lectures, materials and text in selecting and presenting reflective exercise for class.
6. To understand and incorporate relaxation techniques into daily life.

Course Objectives:

The Student will:

1. Attend all lectures and contact the instructor if unable to attend any lectures, or part of any lecture.
2. Participate in class discussions and activities.
3. Demonstrate knowledge of the various theories of stress through group discussion of relevant issues and through written assignments.
4. Become familiar with the significance of stress and its impact on health.
5. Participate in various relaxation techniques and formulate a personal style for relaxation and stress reduction through self-exploration.
6. Keep a journal.

COURSE REQUIREMENTS	POINTS	GRADING SYSTEM
Attendance and Participation.....	30	180 - 200 A
Tests: Class quizzes (3).....	45	160 - 179 B
Pretest/ Post test.....	20	140 - 159 C
Time Clock.....	10	120 - 139 D
Collage and Presentation.....	15	Below 120 F
Media/ Humor on Stress.....	10	
Stress Life Line/ Writing.....	15	
Daily Diet (3 days).....	10	
Stress Journal (6).....	15	
Summary/ Evaluation Paper.....	30	
Total Point Value		200

Assignments:

1. Pre and Post test, Stress evaluation. Inventories, assessments, and **Journal** will be explained in class.
2. Quizzes will be essay, short answers and identification.
3. Time Clock: Assignment of 24 hour day map of time, will be explained in class.
4. Media/ Humor on Stress, present three pieces of humor, (comics, funnies, jokes) to class mates.
5. Stress life Line/ Writing: Graphic/symbolic picture of your life, noting points of change, stress, high/low life experiences, accompanied with a 2 to 3 page typed, double spaced paper of your interpretations of how these affected your development and life direction.
6. Daily Diet: Keep track of what and when you eat for three days and evaluate if your eating habits effect your levels of stress during the three days. Complete the handout and summarize your results.
7. Assemble and present a personal collage (free-form). This is a free form activity. The intent is to make a composite that reflects or reveals a part (or all of) yourself. Usually students attach pictures, words and other items to a large piece of cardboard. others have elected to do drawings or a video. Original ideas are encouraged. However, you should run the idea by the instructor to make sure it is acceptable.
8. Summary/Evaluation paper. Completed journals and experiential materials will become the basis for your final project. Present a well written, 5 to 6 page typed, double spaced paper evaluating and summarizing the various assessments, inventories and class room experience as they relate to personal goals for stress identification and reduction. Incorporate information from the text book to create a personal health plan based on the above discussed materials.

SYLLABUS

Week 1	Course Introduction and Requirements Survey of the Text Pretest on current stress levels Relaxation Technique Video (If time permits)
	Time Clock Due Next Week
Week 2	Time Clock Presentations Chapter 1: Stress Concepts, Theories and Models Chapter 14: Managing Time Related Stress
	Journal (2 entries) Due Next Week Quiz on chpts. 1 and 2 next week
Week 3	Journal (2) Due Quiz on Chpt. 1 and 2 Chapter 2: Stress Research; Logic, Design, and Process Chapter 4: Personality and Stress: Traits, types, and Biotypes
	Stress Life Line Due Next Week
Week 4	Stress Life Line Due Chapter 3: Cognitions and Coping: Controlling Stress Chapter 11: Progressive Muscle Relaxation: Premises and Process
	Journal (2 entries) Due Next Week Quiz on chpts. 3, 4, 5
Week 5	Journal (2) Due Quiz on chpts. 3, 4, 5 Chapter 5: The Physiology of Stress: The Brain, Body, and Immune System Chapter 12: Cognitive and Imagery Techniques
	Daily Diet Due Next Week
Week 6	Daily Diet Due Chapter 6: Stress in the Family: Adjustment, Conflict, and Disruption Chapter 15: Behavioral Health Strategies: Nutrition and Exercise Journal (2 entries) and Media Humor Due Next Week

Week 7 Journal (2) and Media Humor Due

Chapter 8: Social Sources of Stress

Chapter 10: Coping Strategies: Controlling Stress

Chapter 13: The Concentration Techniques: Meditation and Biofeedback

Collage Presentations Due Next Week

Week 8 Collage Presentations

Chapter 7: Job Stress: Dissatisfaction, Burnout, and Obsolescence

Chapter 9: Environmental Stress: Disasters, Pollution, and Overcrowding

Quiz on chpts. 6, 7, 8, 9 Next week

Research Paper Due Next Week. No Late Papers will be accepted.

Week 9 Research Paper Due Quiz on chpts. 6, 7, 8, 9

Remaining Collage Presentations

Appendix 406-416

Video (If time permits)

All rewrites or corrections due

Week 10

Post test, comparison/assessment, wrap-up.

Individual Appointments to Discuss Grades and Papers.

SYLLABUS MAY BE ADJUSTED TO MEET CLASS NEEDS.

Students are encouraged to contact me if you have any concerns about the assignments or your progress in the class. Effective communication is a key to successful stress management.... So Let's talk about it!

"Do and you shall be" SARTRE

"Be and you shall do" CAMUS

"Dobedobedo" SINATRA

"Just do it!" NIKE