

CHAMINADE UNIVERSITY

SE '01
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COURSE INFORMATION:

COURSE: Psychology 45110, Health & Stress

LOCATION: Schofield Barracks

SEMESTER: Term 3-01

TERM DATES: 2 April – 11 June 2001

CLASS TIMES: Monday, 1730 to 2140 Hours

INSTRUCTOR'S: Dr. Donna Duellberg
Assisting: Bette Egami

INSTRUCTOR AVAILABILITY/CONTACT INFORMATION:

Office hours: I am available before class. If you need to talk with at any other time, just call me at work or home and a meeting can be arranged.

Contact phone numbers: 689-8937 (home), 655-4494 or 655-6824 (work)
Bette: 676-3540 (home), 655-8736 (work)

E-mail: 556milsg@schofield.army.mil or peke@hawaii.rr.com

COURSE DESCRIPTION:

This course examines the principles and strategies for health and wellbeing. It will focus on the nature of stress, coping strategies, and relaxation techniques.

COURSE OBJECTIVES:

Upon completion of the course, the student will:

- Gain an understanding of how to manage stress
- Discover how an empirical approach to stress can help them evaluate coping strategies and relaxation techniques
- Integrate principles and applications of health and wellbeing
- Have heightened their awareness in a board range of health and wellbeing related topics
- Developed a comprehension and an appreciation for stress management appropriate at the advanced undergraduate level
- Gain respect for human unity and cultural diversity

ADMINISTRATIVE MATTERS:

1. Required Texts:

Seaward (1999) **Managing Stress, Principles and Strategies for Health and Wellbeing**, 2nd ed. Sudbury, MA; Jones and Bartlett Publishers

Seaward (1996) **Managing Stress, A Creative Journal**. Sudbury, MA;
Jones and Bartlett Publishers

2. Classroom/Homework:

- You are expected to do the required reading and be prepared for each class.

3. Grading Policy: Grades will be assigned on the basis of . . .

Requirements

Exams (2)	50%
Project (1)	20%
Journal (1)	20%
Attendance	10%

Grading Scale

A= 90 -100%
B= 80-89%
C= 70-79%
D= 60-69%
F< 60%

4. Attendance:

You are expected to attend all scheduled classes. However, since all of you are working adults, you may make arrangements with me for work missed due to work related or family emergencies. It is critical that you inform me prior to missing a class so that arrangements can be made.

5. Participation and Assignments:

Because this is an experiential class, your active participation in discussions is critical to your learning the material.

6. Other course procedures/information:

- All class meeting will consist of lectures, discussions, group activities and presentations.
- Use a standardized style manual (APA) for all written work.
- If you get frustrated, discuss your concerns with me. You may contact me at any time.

7. Make-up tests/exams:

If you are unable to be in class the night an exam is given, please contact me so that I may make arrangements for a make-up.

8. Statement on Academic Honesty:

Chaminade University's regulations on academic dishonesty, as clearly stated in the *Academic Catalogue*, will be strictly observed in this class.

CLASS SCHEDULE AND ASSIGNMENTS

<u>Class Session</u>	<u>Day</u>	<u>Month</u>	<u>Date</u>	<u>Topic</u>	<u>Assignments</u>
1	Monday	Apr.	02	Nature of Stress	Introduction Chapter 1
2	Monday	Apr.	09	Physiology of Stress Stress and Disease	Chapter 2 Chapter 3 Journal Entries 1-10
3	Monday	Apr.	16	Psychology of Stress Emotions: Anger/Fear	Chapter 4 Chapter 5 Journal Entries 11-20
4	Monday	Apr.	23	Personalities Spirituality	Chapter 6 Chapter 7 Journal Entries 21-30
5	Monday	Apr.	30	Mid-Term Exam	
6	Monday	May.	07	Cognitive Restructuring Behavior Modification	Chapter 8 Chapter 9 Journal Entries 31-40
7	Monday	May.	14	Art Therapy Humor	Chapter 11 Chapter 12 Journal Entries 41-50
8	Monday	May.	21	Problem Solving Communication & Time Management	Chapter 13 Chapter 14 Chapter 15 Journal Entries 51-60
9	Monday	May	28	Students present their selected relaxation technique	Chapters 17-28 Entries 61-70
10	Monday	Jun.	04	FINAL, Journals checked and returned t o you, Evals	

I reserve the right to adjust the course assignments and discussions to accommodate class requirements and progress.