

Stress Management EXS 2500 (formerly EXS 215) (CRN 10282)



COURSE SYLLABUS

Course Term: Winter 2018 CRN 10282
Class Time: Tuesday 3:30-5:17pm
Location: HHB 2085
Instructor: Terry L. Dibble, MS
Office: 3135 Human Health Building
Phone: 248-364-8663
e-mail: dibble@oakland.edu
Office Hours: Monday/Wednesday 1:00-3:00pm,
Tuesday/Thursday 10:00am-12:30pm or by appointment.

Course Materials:

Required: Managing Stress: Principles and Strategies for Health and Well-Being (9th Edition). Seaward. Jones and Bartlett Publishers. 2018. **You will not need the access code.**

Course Goals

By the conclusion of this course, students will:

1. Be able to cite knowledge, attitudes, and skills that can help manage stress.
2. Know the leading researchers and the history of the stress field.
3. Know the diseases and illnesses associated with stress and the nature of that association.
4. Recognize stressors and means of intervention to prevent these stressors from resulting in negative consequences.
5. Participate fully in classroom activities.
6. Interact with other members of the class both in classroom discussion and in group work.
7. Keep a stress management journal for the semester.
8. Applying your learning to become more effective at managing your stress.

Course Organization: Material will be presented primarily in the form of group discussions, readings assignments from the text, and handouts. You should plan on 2 hours of study each week. The material in the latter part of the course will be based upon material presented in the first part of the course; therefore, you will have to commit the material to long term memory.

Grading: Your grade will be determined based upon the total points earned on examinations, assignment, and a stress management journal. (possible points for the semester). Students must complete all the assignments for the course. Not completing all of the required assignments may result in failure of the class.

GRADING SCALE

A	100%	4.0	B	89%	3.8	C	79%	3.1	D	69%	2.1
	99%	4.0		88%	3.8		78%	3.0		68%	2.0
	98%	4.0		87%	3.7		77%	2.9		67%	1.9
	97%	4.0		86%	3.7		76%	2.9		66%	1.8
	96%	4.0		85%	3.6		75%	2.8		65%	1.7
	95%	4.0		84%	3.5		74%	2.7		64%	1.7
	94%	4.0		83%	3.4		73%	2.6		63%	1.5
	93%	3.9		82%	3.3		72%	2.5		62%	1.4
	92%	3.9		81%	3.2		71%	2.3		61%	1.3
	91%	3.9		80%	3.1		70%	2.2		60%	1.0
	90%	3.8									
									F	□ 59%	0.0

SWOT ANALYSIS: Each student will be required to complete this analysis. The format is posted on Moodle. I would like you to use this to analyze your success in this course. This is worth 100 points and is due January 14th and will be submitted on Moodle. Students must complete the SWOT assignment. This is an opportunity for each of you to evaluate your strengths, weaknesses, opportunities and threats to complete this course. There should be no excuses for turning in an assignment late. If you have computer issues then you need to make sure you have a “Plan B”.

Activities: There will be 2 scored activities as scheduled in the syllabus. Activity 1 will have 2 parts; the first part will be completed in class on February 27th. The second portion open on-line February 27th and is due by March 4th by 11:55pm. Activity 2 will be in class on April 17th. Each activity will be worth 100 points.

MINDFULNESS JOURNAL: Each student will be required to complete a journal, which will be turned in at the end of the semester. The content of the journal will be This I Believe paper, On Purpose Assignment your reflection paper, and weekly reflection entries (Journal entry outline is posted on Moodle). Your journal will be submitted in class on April 17th. The journal will be worth 200 points.

LTD ASSIGNMENTS: Learning Through Discussion is a teaching method design to encourage class participation, reading, and deeper thought about the issues discussed in class. The LTD assignments will be due according to the schedule. Students will read the assigned textbook chapters and follow the LTD outline to complete the assignment. LTD #1 will be an in class discussion about the video “The Shift”. The subsequent LTDs will be submitted on line and will pertain to the textbook readings. Each LTD is worth 30 points.

Assignments	Points	Due Date
SWOT	100	January 14 th
Activities (2)	200	February 27 th /April 17 th
LTDs (4)	120	See Schedule
Mindfulness Journal (Reflection paper/This I Believe/ Weekly entries/On Purpose Assignment)	200	April 17 th
Total	620	

SESSIONS: This represents a tentative schedule, which can be changed at the instructor's discretion.

January 9 th	Introduce yourself to the class and review of syllabus. Introduction to Meditation
January 16 th	Spirituality Begin working on Purpose Statement SWOT assignment due January 14 th . Begin to Read Chapters 1, 2, 3, 4. Watch video "The Shift" by Dr. Wayne Dyer.
January 23 rd	Time Management The Nature of Stress Due LTD # 1 "The Shift" video. Completed in class.
January 30 th	Energy Management and Flow The Physiology of Stress Begin working on This I Believe paper (see instructions on Moodle).
February 6 th	Creativity (start Creative Project) Stress and Disease Due: LTD # 2 Chapters 1-4.
February 13 th	Happiness and Humor
February 20 th	Winter Break!! Practice excessive happiness!!!
February 27 th	GRASP Training Activity 1 Part One, completed in class on February 27 th . Part 2 will open on February 27 th and due March 4 th .
March 6 th	Love-Kindness Personality Traits What is self-awareness and how is it related to personal development. Due: LTD #3 Chapters 5-8.
March 13 th	Forgiveness
March 20 th	Gratitude

March 27th	NO means NO Due: LTD #4 Chapters 9-12
April 3rd	Cognitive Restructuring
April 10th	Where do we go from here?
April 17th	Activity 2 Completed in class. Write Reflection Paper. Submit Reflection Journal in class.