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# ****1. Campus Name: Virtual Campus****

# ****School of \_\_Education\_\_\_\_\_\_\_\_\_\_\_\_****

2. Wayland Baptist University Mission Statement:Wayland Baptist University exists to educate students in an academically challenging, learning-focused and distinctively Christian environment for professional success, and service to God and humankind.

3. Course Prefix, Number, & Name: **EDUC 5339. Stress Management**

4. Term and Year**: Summer Term 2020 (May 25 – Aug. 8)**

5. Full Name of Instructor**: Dr. Charles Chaoqun Huang**

6. Office Phone and WBU Email Address**: 806-291-3791; huangc@wbu.edu**

7. Office Hours, Building, and Location**:** By appointment, Laney Center, Room 204, WBU-Plainview

8. Class Meeting Time and Location: Virtual Campus online instruction via Blackboard

9. Catalog Description**:** A study of the stress reaction and its relationship to specific illnesses and diseases and effects on productivity, with focus on intervention techniques. Emphasis on stress modification techniques and their impact on learning.

10. Prerequisite**:** None

11. Required Textbook and Resources: **This course participates in WBU’s Automatic eBook program. A digital copy of your textbook is provided for in Blackboard, and the cost of your textbook is charged to your student account.**

11.1 Greenberg, J. S. (2017). Comprehensive stress management (14th ed.). New York, NY: McGraw-Hill.

12. Optional Materials**:**

12.1 Colbert, D. (2008). Stress less. Lake Mary, FL: Siloam.

12.2. Resources available through WBU and Online libraries

12.3. Access to WBU Learning Resources [www.wbu.edu/lrc](http://www.wbu.edu/lrc)

13. Course Outcome Competencies:

At the completion of this course, the student should be able to:

13.1. Understand the stress process and its relation to health and disease.

13.2. Identify the signs and symptoms of stress and anxiety.

13.3. Demonstrate knowledge of poor thinking habits and the results of these habits.

13.4. Demonstrate knowledge of good thinking habits and the results of these habits.

13.5. Incorporate stress reducing practices into your own life-style.

13.6. Develop a stress management plan.

13.7. Demonstrate competency in several stress reduction procedures as presented in class.

13.8. Develop life patterns and behaviors associated with stress-coping mechanisms.

13.9. Demonstrate the ability in stress interventions, relaxation techniques and cognitive intervention strategies.

13.10. Understand the psychophysiology of stress.

13.11. Identify the effects of stress on one’s body.

13.12. Identify the major stressors in today’s society.

13.13. Learn to categorize coping strategies and assess their own coping styles.

13.14. Understand the economic impact of stress on our healthcare system.

14. Attendance Requirements: As stated in the Wayland Catalog, students enrolled at one of the University’s external campuses should make every effort to attend all class meetings. All absences must be explained to the instructor, who will then determine whether the omitted work may be made up. When a student reaches that number of absences considered by the instructor to be excessive, the instructor will so advise the student and file an unsatisfactory progress report with the campus executive director. Any student who misses 25 percent or more of the regularly scheduled class meetings may receive a grade of F in the course. Additional attendance policies for each course, as defined by the instructor in the course syllabus, are considered a part of the University’s attendance policy.

15. Statement on Plagiarism and Academic Dishonesty: Wayland Baptist University observes a zero tolerance policy regarding academic dishonesty. Per university policy as described in the academic catalog, all cases of academic dishonesty will be reported and second offenses will result in suspension from the university.

16. Disability Statement: “In compliance with the Americans with Disabilities Act of 1990 (ADA), it is the policy of Wayland Baptist University that no otherwise qualified person with a disability be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the university. The Coordinator of Counseling Services serves as the coordinator of students with a disability and should be contacted concerning accommodation requests at (806) 291- 3765. Documentation of a disability must accompany any request for accommodations.”

17. Course Requirements and Grading Criteria**: (Include information about term papers, projects, tests, presentations, participation, reading assignments, etc. and how many points or what percentage of the final grade each of these components or assignments is worth)**

**17.1 Grade Appeal Statement: “Students shall have protection through orderly procedures against prejudices or capricious academic evaluation. A student who believes that he or she has not been held to realistic academic standards, just evaluation procedures, or appropriate grading, may appeal the final grade given in the course by using the student grade appeal process described in the Academic Catalog. Appeals may not be made for advanced placement examinations or course bypass examinations. Appeals are limited to the final course grade, which may be upheld, raised, *or lowered* at any stage of the appeal process. Any recommendation to lower a course grade must be submitted through the Vice President of Academic Affairs/Faculty Assembly Grade Appeals Committee for review and approval. The Faculty Assembly Grade Appeals Committee may instruct that the course grade be upheld, raised, or lowered to a more proper evaluation.”**

**17.2 Class Introductions (20 points) You will be asked to write a brief introduction of yourself, i.e., where you are from, what you are currently doing, and share some of your dreams for yourself. The instruction should be between 150-300 words.**

**17.3 Response to 2 Classmates (20 points) You will be asked to write a brief response to two of your classmates. Introduce yourself, share some common ground you have with the individuals, encourage them in the coming class. This introduction should be between 150-200 words.**

**17.4 Stress Awareness Paper (40 points) Students will write a self-reflective paper on their current stress levels, experience, and coping methods. This paper will assist the student to become aware of stress they experience and will enable them to control and maintain anxiety in the future. Instructions for the paper will be provided in class and on Blackboard.**

**17.5 Article Summaries (100 points) You will be completing 4 article summaries at 25 points each, related to stress management. The format for the summaries will be provided. You will review an article, summarize it, and post it on-line for future class discussion. This should be completed in APA format.**

**17.6 Article Summaries Responses (120 points) You will be completing 8 responses in total to class members’ entries earlier in the week (respond 2 class members’ entries on time). Each will be worth 15 points. You must read your classmates entry, comment on it, and add some relevant information to your entry. This also must be completed in APA format. The format for the summary responses will be provided.**

**17.7 Stress Journal Entries (150 points) You will be filling out a stress journal during this class. There will be 6 entries @ 25 points each that you will need to complete. As you encounter stressful situations, you are expected to record what happened and how you responded. Use some of the stress reduction techniques you learn in this class. The format will be given to you on Blackboard.**

**17.8 Written Examinations (200 points) You will have 2 exams at 100 points each scheduled in advance. The test will cover the material presented in the chapters covered during that period. The final is NOT cumulative.**

**17.9 Book Report (100 points) You will write a book report on the book “Stress Less” by Don Colbert or a book (not our textbook) related to stress management. Instructions will be posted on Blackboard.**

**17.10 Reflection Paper (100 points) After completing the 6 stress journal entries, you are expected to review your entries and discern if there are any patterns in when you get stress. Once you are aware you can do something about it. Also, you are expected to take note of how you handled your stressful situations to see if you have grown any over the 11 weeks. The details of this paper will be provided on Blackboard.**

**17.11 Quizzes and Labs (150 points) You will be asked to complete one quiz and one or several labs each week related to the chapter(s) covered in the week.**

**Total Possible Points- 1000**

| **Item** | **Point** |
| --- | --- |
| Personal Introduction | 20 points |
| Responses to Classmates | 20 points |
| Stress Awareness Paper | 40 points |
| Article Summaries  | 100 points (4 @ 25 points each) |
| Article Summaries Responses | 120 points (8 @ 15 points each) |
| Stress Journal Entries | 150 points (6 @ 25 points each) |
| Written Examinations | 200 points (2 @ 100 points each) |
| Book Report | 100 points |
| Reflection Paper  | 100 points |
| Quizzes & Labs | 150 points (5 points/quiz, 5 points/lab) |

**Grading Scale**

| **Grade** | **Points** |
| --- | --- |
| A | 900 – 1000 |
| B | 800 – 899 |
| C | 700 – 799 |
| D | 600 – 699 |
| F | 000 – 599 |

18. Tentative Schedule:

| Week | Due Wed. at 11:59pm | Points | Due Sun. at 11:59pm | Points |
| --- | --- | --- | --- | --- |
| 1 (5/25-5/31) | * **Class Introductions**
 | * 20
 | * **Respond to 2 Classmates**
 | * 20
 |
| * **Read:** Chapter 1
 |  | * **Stress Awareness Paper**:
 | * 40
 |
| * **Quiz:** Chapter 1
 | * 5
 | * **Lab:** 1.2 (p24)
 | * 5
 |
| 2(6/1-6/7) | * **Read:** Chapters 3 & 5
 |  |  |  |
| * **Article Summary #1**
 | * 25
 | * **Article Response #1 & #2**
 | * 30
 |
| * **Quiz:** Chapters 3 & 5
 | * 10
 | * **Lab:** 3.2 (p72), 5.1 (p121)
 | * 10
 |
| 3(6/8-6/14) | * **Read:** Chapters 6 & 7
 |  |  |  |
| * **Stress Journal Entry #1**
 | * 25
 | * **Stress Journal Entry #2**
 | * 25
 |
| * **Quiz:** Chapter 6 & 7
 | * 10
 | * **Lab:** 6.1 (p145), 6.2 (p146), 7.1 (p169), 7.2 (p171)
 | * 20
 |
| 4(6/15-6/21) | * **Read:** Chapter 8
 |  |  |  |
| * **Article Summary #2**
 | * 25
 | * **Article Response #3 & #4**
 | * 30
 |
| * **Quiz:** Chapter 8
 | * 5
 | * **Lab:** 8.1 (p205), 8.2 (p207), 8.5 (p210)
 | * 15
 |
| 5(6/22-6/28) | * **Read:** Chapters 9 & 11
 |  | * **Mid-Term** (Chapters 1, 3, 5, 6, 7, 8, 9, & 11)
 | * 100
 |
|  |
| * **Prepare for Mid-Term**
 |  |  |
| 6(6/29-7/5) | * **Read:** Chapter 12
 |  |  |  |
| * **Stress Journal Entry #3**
 | * 25
 | * **Stress Journal Entry #4**
 | * 25
 |
| * **Quiz:** Chapter 12
 | * 5
 | * **Lab:** 9.2 (p233), 11.2 (p274), 11.3 (p275), 12.1 (p303)
 | * 20
 |
| 7(7/6-7/12) | * **Read:** Chapters 14 & 16
 |  |  |  |
| * **Article Summary #3**
 | * 25
 | * **Article Response #5 & #6**
 | * 30
 |
| * **Quiz:** Chapter 14 & 16
 | * 10
 | * **Lab:** 14.1 (p345),14.4 (p349), 16.1 (p411), 16.3 (p415)
 | * 20
 |
| 8(7/13-7/19) | * **Stress Journal Entry #5**
 | * 25
 | * **Stress Journal Entry #6**
 | * 25
 |
| * **Work on Book Report**
 |  | * **Book Report Due**
 | * 100
 |
| 9(7/20-7/26) | * **Read:** Chapter 17
 |  |  |  |
| * **Article Summary #4**
 | * 25
 | * **Article Responses #7 & #8**
 | * 30
 |
| * **Quiz:** Chapter 17
 | * 5
 | * **Lab:** 17.1 (p443), 17.2 (p444)
 | * 10
 |
| 10(7/27-8/2) | * **Work on Reflection Paper**
 |  | * **Reflection Paper Due**
 | * 100
 |
| 11(8/3-8/8) | * **Prepare for Final Exam**
 |  | * **Final Exam (**Chapters 12, 14, 16, & 17**)**
 | * 100
 |

19. Faculty May Add Additional Information as Desired**: N/A**