****

1. **WAYLAND BAPTIST UNIVERSITY**

**SCHOOL OF Education**

**Virtual Campus**

1. Mission: 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.

# **COURSE PREFIX, NAME & NUMBER:** EDUC 5339 – Stress Management

# **TERM AND YEAR:** Summer, 2022 – (May 30 – July 23, 2022)

# **FULL NAME OF INSTRUCTOR::** Dr. Jo Beth DeSoto

# **OFFICE, PHONE, & WBU EMAIL:** VHEC 208 – Plainview Campus, 291-1051, desotoj@wbu.edu

### OFFICE HOURS & BUILDING LOCATION By appointment.

1. **CLASS MEETING TIME & LOCATION**: Online via Blackboard

# **CATALOG COURSE DESCRIPTION:** A study of the stress reactions and it’ 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.

1. PRE REQUISITES: NONE
2. **REQUIRED RESOURCE MATERIALS:**
3. Student Textbook
   1. Greenberg, J. (2021): *Comprehensive stress management* (15h Ed). New York, NY: McGraw Hill. ISBN: 9781260240689

B. Requirements for Technology:

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

12. Optional Materials: NONE

**13. Course Outcome Competencies**

**Student Learning Outcomes:**

*Student Learning Outcomes:*

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 also advise the student and file an unsatisfactory progress report with the campus executive director. Any student who misses 25% 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 p art of the University’s attendance policy.

**15. Statement of 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 & GRADING CRITERIA**

**COURSE GRADING CRITERIA:**

This course consists of many assignments. In order to avoid falling behind, all assigned work must be submitted when due. Late work will not be accepted. In extreme circumstances, an exception may be made only if permission is obtained from instructor prior to the assignment due date, and there will be a decrease in point value. There will be no point value given after seven days. I do not give extra credit work if/when you score poorly on an assignment or test; always submit your best work.

1. **Class Introduction - 1 @ 20 points = 20**
2. **Respond to 2 classmates - 1 @ 20 points = 20**
3. **Stress Awareness Paper - 1 @ 40 points = 40**
4. **Stress Journal Entries - 6 @ 25 points = 150**
5. **Exams - 2 @ 100 points = 200**
6. **Labs - 8 @ 20 points = 160**
7. **Quizzes - 16 @ 10 points = 160**
8. **Reflection Paper - 1 @ 100 points = 100**

**TOTAL POINTS = 850 POINTS**

**850 - 765 = A**

**764 - 680 = B**

**679 - 595 = C**

**594 - 510 = D**

**Less than 509 = F**

**UNIVERSITY GRADING SYSTEM:**

A CR FOR CREDIT

B NCR NO CREDIT

C I INCOMPLETE\*

D W FOR WITHDRAWAL

F WP WITHDRAWAL PASSING

WF WITHDRAWAL FAILING X NO GRADE GIVEN

IP IN PROGRESS

A grade of “CR” indicates that credit in semester hours was granted but no grade or grade points were recorded. This course is a credit no credit course.

\*A grade of incomplete is changed if the work required is completed prior to the date indicated in the official University calendar of the next long term, unless the instructor designates an earlier date for completion. If the work is not completed by the appropriate date, the I is converted to the grade of F. An incomplete notation cannot remain on the student’s permanent record and must be replaced by the qualitative grade (A-F) by the date specified in the official University calendar of the next regular term.

**STUDENT APPEALS:** 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 Executive Vice President/Provost to the 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.

**18, Tentative Schedule - EDUC 5339 – Stress Management – Online via Blackboard**

**.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date/Week** | **Classwork** | **Reading Assignment** | **Products Due This Week** |
| **Module 1** |  |  |  |
| May 30 – June 5 | **Introduce Yourself**  *What is Stress?*  *Stress Psychophysiology* | Ch. 1 & 2  Take Quizzes 1 & 2 | * Introduce yourself in the Discussion Board * Respond to 2 classmates Introductions * Complete Lab 1.2 (pg. 24) |
| **Module 2** |  |  |  |
| June 6 – 12 | *Stress & Illness/Disease*  *Stress & The College Student* | Ch. 3 & 4  Take Quizzes 3 & 4  Write Stress Awareness Paper | * Lab 3.2 (pg. 72) |
| **Module 3** |  |  |  |
| June 13 – 19 | *Intervention*  *Life Situation Interventions: Intrapersonal* | Ch. 5 & 6  Take Quizzes 5 & 6  Stress Journal Entry #1 & #2 | * Lab 5.1 (pg. 121) * Lab 6.1 (pg. 145) * Lab 6.2 (pg. 146) * Submit Stress Awareness Paper |
| **Module 4** |  |  |  |
| June 20 – 26 | *Life Situations: Interpersonal*  *Perception Interventions*  **Mid Term Exam** | Ch. 7 & 8  Take Quizzes 7 & 8 | * Lab 7.1 (pg. 169) * Lab 7.2 (pg. 171) * Lab 8.1 (pg. 205) * Lab 8.2 (pg. 207) * Lab 8.5 (pg. 210) |
| **Module 5** |  |  |  |
| June 27 – July 3 | *Spirituality & Stress*  *Meditation* | Ch. 9 & 10  Take Quizzes 9 & 10 | * Lab 9.2 (pg. 233) |
| **Module 6** |  |  |  |
| July 4 – 10 | *Autogenic Training, Imagery, and Progressive Relaxation*  *Other Relaxation Techniques* | Ch. 11 & 12  Take Quizzes 11 & 12  Stress Journal Entries #3 & 4 | * Lab 11.2 (pg. 274) * Lab 11.3 (pg. 275) * Lab 12.1 (pg. 303) |
| **Module 7** |  |  |  |
| July 11 – 17 | *Physiological Arousal Interventions*  *Strategies for Decreasing Stressful Behaviors* | Ch. 13 & 14  Take Quizzes 13 & 14 | * Lab 14.1 (pg. 345) * Lab 14.4 (pg. 349) |
| **Module 8** |  |  |  |
| July 18 - 23 | *Diversity & Stress*  *Occupational Stress*  **Final Exam** | Ch. 15 & 16  Take Quizzes 15 & 16  Stress Journal Entries 5 & 6 | * Lab 16.3 (pg. 417) * Reflection Paper Due |

Course Assignments

* **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 post 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 in becoming 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.
* 17.7 **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.

* 17.10 **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 when you get stressed. 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 8 weeks. The details of this paper will be provided on Blackboard.
* 17.11 **Quizzes and Labs** (Quizzes – 16 @ 10 pts each = 160; Labs - 8 @ 20 pts. Each = 160) You will be asked to complete one quiz and one of several labs each week related to the chapter(s) covered in the week.