

HPF 277.PG1 Syllabus for STRESS MANAGEMENT (2 credit hours)
 Fall 2017 Sunday 1-3 pm at Gus Harrison (15 weeks)

Instructor: Mary Gautz

Required Text: "Essentials of Managing Stress" Brian Luke Seward, 4th Edn., © 2016 (has an online edition)

Course Description: This course provides students with an increased awareness of self and holistic approach to health, focusing on skills to manage stress. Through the reflective use of specific skills, tools and new knowledge, students will have an increased opportunity to enhance their lives and the lives of those around them.

Class Format: Each class will include:

- Self-awareness, coping and distress tolerance activities.
- Basic stress management concepts, including relaxation and self-soothing skills.
- Problem solving and processing techniques.
- Improved communication and interpersonal skills. We will be doing lots of speaking and writing!

Course Objectives

- 1)To improve one's personal knowledge of self and the holistic management of stress.
- 2)To increase awareness of **choice** and empowerment on mental, emotional and physical well being.
- 3)To motivate students to assume a greater sense of personal responsibility in wellness.
- 4)To work in groups and understand basic human relationships.
- 5)To complete all related assessments both written and oral.
- 6)To promote problem solving skills

How to Get an A in this Class! Course Grading

Attendance and class participation. Show up, Join in, Speak up! 15 classes with 30 pts per class	450 pts
On line quizzes, Read 10 chapters and describe how you can apply. 10 @ 10 pts	100 pts
Coping and journaling, on how you are applying skills in your life. 9 @ 30 pts	270 pts
Stress Self assessment, done at the beginning and end of the course 2 @ 30 pts	60 pts
Application in your life... Self esteem and Assertion projects. 2 @ 30 pts each	60 pts
Final Reflection and Evaluation	60 pts
Total Points available:	1000 pts
Extra credit will be available, but you will have to be in class to hear about how to get those points.	

Attendance and Participation is nearly ½ of your grade. It's huge. Being present is going to be really important, and your discussion indicates your understanding. How can you learn if you aren't here? I am pretty timely. I arrive early, start on time, and expect the same from you. Please stay for the whole class. Grades will be adjusted accordingly, if you arrive late, or leave early. ½ class= ½ points.

Weekly reading assignments, and writing about ways to apply in your life. You are expected to buy and read the book. We will be practicing moving from “theory” (reading someone else’s ideas) to “method” (describing how you can presently apply the ideas to your own life). **You are expected to read 10 chapters and return 10 written responses with examples**, throughout the semester. Choose the chapters that will most benefit you. If you would like to read and comment on additional chapters, you may to that. (Maximum XC points = 50 total).

Positive weekly practices! This class is intended to be “experiential”. Every week you will be challenged to identify and apply specific **coping skills** in your daily life. These ideas (stress resiliency skills) will be suggested in your readings, exercises at the end of each chapter, the class, in handouts, on websites, in the CDs, by your peers. These are ordinary activities that help us “**Feel better and do better**”. Or maybe they help us tolerate a bad day. All of us have our usual coping skills that help us tolerate our feelings and stress. This class will challenge you to sample new ones, and comment on how they are working for you. A balanced approach to coping will be expected (**physical, cognitive, emotional, social/spiritual methods**).

The catch is: you will need to find **different coping skills each week**. No repeats. That being said, I would strongly encourage you to be very specific in the description of your coping skills, as opposed to being too broad. The goal is to try many specific, novel and diverse coping strategies. This class is like a buffet. You have your usual things you like, but be willing to try something new. Each week.

Weekly Writing! Coping and Journaling paper. The next task is self expression: writing **specifically, descriptively**, and with **authenticity**, about your coping skills, positive weekly practices, and increasing self awareness. Generally identifying and expanding on “What are you thinking? What are you feeling?”. Plan on journaling approximately a page a week.

Start where you are at, but please be willing to expand your efforts and build your skills. The more you tell me about yourself, with authenticity, and quality of thought, the better your grade will be.

Final Grading

GP	Points	%		GP	Points	%		GP	Points	%
4.0	1000-940	94-100%		2.5	832-784	78-83%		1.0	685-637	64-68%
3.5	939-880	88-93%		2.0	783-735	73-77%		0.5	636-588	59-63%
3.0	879-833	83-87%		1.5	734-686	69-73%		0.0	< 588	<58%

How to let your “A” get away ...

- **Miss class.** It will be difficult to get an A if you miss more than 1 or 2 classes, for whatever reason. College is different than high school. Even if you have an unavoidable or *iron-clad* reason for missing class you still lose points, if you are absent. Tardiness or early departures reduce participation points. Flexibility is a value that I embrace, and I know that things come up. So I invite you to make use of extra credit opportunities to cover the unforeseen. Get as many extra credit points as you can, just in case something comes up. It will.
- **Late work.** I will take it. Better late than never. But ten points, per week, will be deducted for work turned in late. I would recommend that you be deliberate in reading the chapters and getting them done.

I- Incomplete: (from the JCC 2009-2010 Catalog) The incomplete grade is designed for passing students with unfortunate circumstances, allowing them to complete the course requirements after the semester or session has ended. Communication with the instructor will be *imperative*. Student may receive an "I" if, in the opinion of the instructor, their work is sufficient in quality but is lacking in quantity, to meet the objectives specified in the course syllabus. The course objectives are to be satisfactorily completed during the next year, or within the time agreed to by the instructor and student. If the student does not complete the course within the designated time period, the grade "I" will be replaced by the grade earned, as assigned by the instructor.

Incompletes will not be awarded to students who seldom attended, failed to maintain communication with the instructor, or those who simply are not pleased with their anticipated grades. Students receiving an "I" may submit only their missing work. They do not re-register for the class, or redo work that had already been submitted and graded.

Plagiarism and cheating. Be sure that all homework and assignments are your own. Evidence of plagiarism or cheating will result in a "0" score for that assignment and notification of the Academic Dean- Please see the Academic Honesty Policy.

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Sundays for 15 Weeks

Date	Due today	Class Discussion Topics	To work on this week
9/10/17 Week 1		Introductions. Go over Syllabus, Expectations for the year, Set semester goals and agreement, Assess current stress level and its impact on your health.	Complete Stress Assessment, and set a few goals for the semester.
9/17 Week 2	Stress Assessment packet , filled with authenticity and high quality thought.	Understanding Stress, increasing self awareness, understanding of temperament, and wellness concepts.	Coping & journaling sheet 1.
9/24 Week 3	Coping & journaling sheet 1	Mind Body Interaction, Feelings, Becoming more deliberate, emotionally regulated and emotionally literate. Improving distress tolerance skills.	Coping & journaling sheet 2. Chapter reading and writing
10/1 Week 4	Coping & journaling sheet 2	Self Understanding and Esteem: Why do we think and feel the way we do about ourselves. How can we feel better and do better? Set some SMART goals.	Coping & journaling sheet 3. Chapter reading and writing
10/8 Week 5	Coping & journaling sheet 3	More Self Esteem: Identifying our authentic values and priorities. Reframing- The power of changing your mind.	Self Understanding and self Esteem paper. Chapter reading and writing
10/15 Week 6	Self Understanding and Esteem paper.	Self Esteem Projects. Tell us about yourself with authenticity and self validation. Mindfulness and Non-judgement..	Coping & journaling sheet 4. Chapter reading and writing
10/22 Week 7	Coping & journaling sheet 4	Communication and Interpersonal effectiveness. What is your style? <i>How's that working for you?</i>	Coping & journaling sheet 5. Chapter reading and writing
10/29 Week 8	Coping & journaling sheet 5	Effective Communication and interpersonal skills. Boundaries and Assertion. "I" statements.	Self Expression and Assertion paper. Chapter reading and writing

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(Continued)**

Date	Due today	Class Discussion Topics	To work on this week
11/5/17 Week 9	Self Expression and assertion paper	Exercise and other body work basics. Relaxation and meditation.	Coping & journaling sheet 6 Chapter reading and writing
11/12 Week 10	Coping & journaling sheet 6	Nutrition. What is up with our food? Nurturing and Honoring our bodies.	Coping & journaling sheet 7 Chapter reading and writing
11/19 Week 11	Coping & journaling sheet 7	Express self, using creative processes. Music, The Arts. Humor.	Coping & journaling sheet 8 Chapter reading and writing
11/26 Week 12	Coping & journaling sheet 8	Gratitude, forgiveness, and other wellness and healing practices.	Coping and Journaling sheet 9. Chapter reading and writing
12/3 Week 13	Coping & journaling sheet 9	Spirituality, Authenticity. And other ways to make connection.	Complete Stress assessment follow up paper.
12/10 Week 14	Bring in completed Stress assessment, follow up.	"What is love" the timeless question, and other soft skills of wellness and connection	Work on final reflection paper (60 points) and on line evaluation.
12/17 Week 15	Final review and reflections.	Last class wrap up and discussion. ... <i>Yes, we will have a full class</i>	

To earn extra credit points, you may read extra chapters and write a response to how you can apply presently (max 50 XC points)