

GS 1181

SURVIVING COLLEGE STRESS

FALL 2021



Instructor: Jay Brown, DrPH, MPH

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Phone: (325) 942-2126

Office: HHS 222A

Office Hours: TR from 10 – 11 AM and virtual by appointment

Course Schedule: MW from 12 – 12:50 PM for the 1st 8 weeks

Location: HHS 104

Course Information

Course Description

This course provides an introduction in managing stress with an emphasis on healthy lifestyle behaviors. Specific topics include defining stress, stress prevention strategies and stress reduction techniques.

Course Credits

3 Advanced Credit Hours

Prerequisite and Co-requisite Courses

None

Prerequisite Skills

Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the Health Science Professions. Computer access requirements are further delineated in the Undergraduate Handbook. Tutorials for ASU Library and for Blackboard are available through RamPort. The ASU Undergraduate/Graduate Student Handbook should be reviewed before taking this course.

Student Learning Outcomes

Upon completion of this course, students will be able to:

1. Define stress and recognize the effects of stress on all the dimensions of health.
2. Identify their perceived stressors and potential stressors.
3. Discuss stress effects on the psychological and physiological functioning of the human body.
4. Recognize the psychological and physiological symptoms of stress.
5. Relate stress as a causative or contributing factor to the more common infectious and chronic diseases and debilitating conditions.
6. Analyze the role of perception and choice making in the creation of stress.
7. Recognize and evaluate the individual's role in the management of their own stress.
8. Identify changes in life situations & recognize how these changes affect our stress levels.
9. Evaluate strategies for managing the stress of change.
10. Analyze methods of changing personal lifestyle behaviors.
11. Discuss beneficial and detrimental effects in various stress management styles.
12. Practice personal management skills.
13. Explore and evaluate relationship skills, including communications and conflict resolution, as potential coping strategies.
14. Identify their personal support systems.
15. Recognize the need for assertive behavior and explain its relationship to stress levels.
16. Compare and contrast personal responses to stressful situations.
17. Discuss and relate personality characteristics associated with cardiovascular disease, depression, and cancer.
18. Analyze personal locus of control & relate it to personality types & stress control.
19. Evaluate the individual's concept of self-esteem and its relationship to stress management.
20. Recognize the role of positive thinking in stress management.
21. Practice viewing potentially stressful situations in different perspectives.
22. Identify foods and/or eating patterns that help to prevent physiological stress or to replenish nutrients lost during periods of intense stress.
23. Identify foods and/or eating patterns that may induce physiological stress.
24. Evaluate how different components of physical fitness play a role in preventing physiological stress.
25. Evaluate how different components of physical fitness can play a role in decreasing physiological stress.

26. Recognize the role of sleep in stress management.
27. Discuss the application of coping strategies for various life situations, current & future.
28. Identify and/or experience various forms of relaxation.

Course Delivery

This course of the face-to-face instructional format. It will meet on campus. Most content will be delivered via class or online lectures/videos, discussions and course assignments. The course will also use the Blackboard Learning Management System for online components. The course site can be accessed at [ASU's Blackboard Learning Management System](#).

Textbook (Not Required)

Jerrold Greenberg Comprehensive Stress Management (14th ed.)

McGraw Hill Companies Inc., New York, NY 10020

ISBN 10: 0078028663

ISBN 13: 9780078028663

Technology Requirements

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam

Refer to Angelo State University's Distance Education website for further technology requirements: [Angelo State University's Distance Education Website](#)

Technical Assistance

If you have any technical problems associated with the test (i.e. webcam problems, lock down browser problems) you should contact the IT Department. The IT Service Department is open M-F from 8-5 and the number is (325) 942-2911. If you call any time after 5 pm or on the weekend, most likely you will not be able to get assistance until the following weekday, so please plan accordingly.

Topic Outline

- ✚ College Stress
- ✚ Family Stress
- ✚ Occupational Stress
- ✚ Meditation
- ✚ Stress and Illness/Disease
- ✚ Stress Strategies
- ✚ Stress Interventions
- ✚ Stress Psychophysiology
- ✚ Relaxation Techniques

Communication

Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number in your subject line, a salutation in the body and sign your email with your full name.

Virtual communication: Office hours and/or advising may be done with the assistance of the telephone, Collaborate, Skype, etc.

Grading

Course grades will be determined as indicated in the table below.

| Assessment | Percent/Points of Total Grade |
|---|-------------------------------|
| Homework Assignments (5 x 40 points each) | 200 |
| Midterm Exam | 100 |
| Final Exam | 100 |
| Class Participation | 100 |
| Total | 500 |

Grading System

Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:

A = 450.00 - 500 points

B = 400.00 - 449.99 points

C = 350.00 - 399.99 points

D = 300.00 - 349.99 points

F = 0 - 299.99 points (Grades are not rounded up)

Teaching Strategies

Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (**beyond the materials and lectures presented in the course**) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

Assignment and Activity Descriptions

Exams: There will be two (2) major exams (Midterm & Final exams). Please bring a #2 pencil on exam days. Cheating on an exam will very likely result in failure of the course. Leaving the classroom during an exam should not occur and no electronics are to be used during exams. The final exam will have to be taken at the scheduled time.

Material for exams will come from lectures, discussions in class, textbook readings, materials brought to class by the instructor, companion website and slide handouts. Makeup exams are contingent to the presentation of a valid excuse according to the student’s manual and University regulations.

Readings: You are responsible for the material covered in the book. Please note that the week’s readings are specified in the class pacing schedule posted on Blackboard. In addition to these readings, the instructor may assign supplemental readings throughout the semester. These supplemental readings do not appear on the schedule, as these readings will be assigned at the instructor’s discretion.

Homework: Students will be responsible for the completion of five (5) written assignments. These assignments will be used as opportunities to implement stress management concepts taught in class. Assignments will include all instructions, due dates and tips on how to do a good job. These assignments must be completed on the date specified in order to receive full credit for the assignment.

Writing Center

The mission of the [Writing Center](#) is to help all students become better writers and readers. The Writing Center is a peer tutoring service where students help students. It is staffed by specially selected and trained graduate assistants and peer tutors who offer one-on-one conferences about writing and reading. The Writing Center serves all ASU undergraduate and graduate students. They work with students from any discipline, at any skill level, and on any stage of the writing or reading process.

The Writing Center tutors also provide feedback on scholarship, job, or graduate school applications. You can send writing questions via email to the Writing Center by completing and submitting the electronic draft submission cover sheet. In addition, email your paper as an attachment to writingcenter@angelo.edu. A tutor will respond to your questions and comment on your draft within 48 hours.

Assignment Submission

All assignments MUST be submitted through the Assignments link in the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at jay.brown@angelo.edu and attach a copy of what you are trying to submit. **Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue.**

This lets your faculty know you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

Late Work or Missed Assignments Policy

Due to the nature of assignments, NO late/make-up assignments will be accepted nor will be allowed without prior approval from the instructor. The instructor will determine if a student will be allowed to make up the assignment in the rare cases of excused absences (documented medical emergencies or documented death in the family).

General Policies Related to This Course

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)¹
- [Angelo State University Catalog](#)²

Recommended Use of Masks/Facial Coverings by Students in Class At ASU

As a member of the Texas Tech University System, Angelo State University strongly recommends the use of masks/facial coverings to ensure a safe and healthy classroom experience. Current research on the COVID-19 virus suggests there is a significant reduction in the potential for transmission of the virus from person to person by wearing a mask/facial covering that covers the nose and mouth areas. Therefore, we strongly recommend that students in this class wear a mask/facial covering before, during, and after class. Faculty members will also ask you to display your daily screening badge as a prerequisite to enter the classroom.

Academic Integrity

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university's [Statement of Academic Integrity](#).³

Accommodations for Students with Disabilities

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student's responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the [Student Disability Services website](#).⁴ The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services
Office of Student Affairs

325-942-2047

dallas.swafford@angelo.edu

Houston Harte University Center, Room 112

Incomplete Grade Policy

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 [Grading Procedures](#)⁵ for more information.

Plagiarism

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)⁶ in the Student Handbook. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the [ASU Writing Center](#).⁷

Student Absence for Observance of Religious Holy Days

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for [Observance of Religious Holy Day](#)⁸ for more information.

Copyright Policy

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

Syllabus Changes

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student's responsibility to look for such communications about the course on a daily basis.

Title IX at Angelo State University

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: michelle.boone@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State's policy please visit: www.angelo.edu/title-ix.

Student Evaluation of Faculty and Course

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

End of Syllabus

- ¹ <https://www.angelo.edu/student-handbook/>
- ² <https://www.angelo.edu/catalogs/>
- ³ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>
- ⁴ <https://www.angelo.edu/services/disability-services/>
- ⁵ <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>
- ⁶ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>
- ⁷ https://www.angelo.edu/dept/writing_center/academic_honesty.php
- ⁸ <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>