

Bergen Community College
Division of Business, Social Sciences & Public Services
Department of Social Sciences

Departmental Policy Syllabus

PSY-127 Stress Management

Date of Most Recent Syllabus Revision: March 5, 2009

Course Typically Offered: Fall ___ Spring ___ Summer ___ Every Semester ___x___ Other _____

Syllabus last reviewed by: BCC General Education Committee _____ Date: _____

(Most courses need review Ad Hoc Committee on Learning Assessment _____ Date: _____

by only one of the following) Curriculum Committee: _____ Date: _____

An individual classroom syllabus for this course must include as much of the following information as is applicable:

Basic Information about Course and Instructor

Semester and Year: Course and Section Number: [e.g., PSY-127-001] Meeting Times and Locations: Instructor: Office Location: Phone: Departmental Secretary: [optional] Office Hours: Email Address:
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Course Description

<p>PSY 127: Stress Management is a study of psychological and physiological management. Students practice several techniques of coping with stress including problem solving, relaxation, personal and stress management approaches are emphasized.</p> <p>2 lectures, 1 lab, 3 credits Prerequisites: None Co-requisites: None General Education Course: No Diversity Course: No</p>
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Student Learning Objectives/Means of Assessment

Objectives: Upon successful completion, the student will be able to:	Means of Assessment: This outcome will be measured by one or more of the following:
1. analyze information that promotes the development of a plan for life-long stress management.	Objective tests, essay questions, oral reports, class discussions, and writing assignments
2. analyze attitudes toward allocating time management.	Objective tests, essay questions, oral reports, class discussions, and writing assignments
3. recognize and evaluate personal stressors and how the stress impacts well-being.	Objective tests, essay questions, oral reports, class discussions, and writing assignments
4. identify and integrate selected stress management strategies that positively affect the quality	Objective tests, essay questions, oral reports, class discussions, and writing assignments
5. analyze various stress management skills that can be used to achieve and maintain well-being.	Objective tests, essay questions, oral reports, class discussions, and writing assignments

Course Content

<p>PSY 127 should include the following topics:</p> <ul style="list-style-type: none"> Introduction: Course of study, text, assignments and evaluation. Managing your mental health Coping with mental stress Recognizing violent behavior Controllable health risks Eating smart and weight smart Basic Wellness
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Special Features of the Course (if any) [to be designated by the instructor]

E.g., the use of learning technologies in the course (Internet, PowerPoint, etc.); the inclusion of technological literacy and/or information literacy learning in the course; etc.

Course Texts and/or Other Study Materials

Suggested textbooks:

Seaward, Brian Luke. MANAGING STRESS: PRINCIPLES AND STRATEGIES FOR HEALTH AND WELL-BEING, Sixth Edition.
Jones and Bartlett Publishers

For additional materials, consult BCC Library and Learning Resources Center.

Research, Thinking, Writing, and/or Examination Requirement(s)

Psychology 127 requires students to complete a variety of critical thinking and writing assignments. Students are also required to participate in class discussions and demonstrate behavioral changes.

Grading Policy

A student's final grade should be based primarily on his/her performance on the assignments and the mastery of the material covered in the course. Their final grades are based on the following:

- A. Tests – Two unit tests on chapters and other course materials---- 40% (20% each)
- B. Web link work ----10%
- C. Group Work on Discussion Questions----10%
- D. Documented Behavior Change ---- 20%
- E. Journal Writing--- 20%

Attendance Policy

BCC Attendance Policy:

All students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of each course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

Attendance Policy in this Course:

To be determined by the instructor

Other College, Divisional, and/or Departmental Policy Statements [optional but recommended]

Examples:

Code of Student Conduct.

Statement on plagiarism and/or academic dishonesty.

ADA statement.

Sexual Harassment statement.
 Statement on acceptable use of BCC technology.
 Statement on the purpose and value of faculty office hours.

Student and Faculty Support Services [optional but recommended]

List support services, e.g., the Writing Center, the Math Lab, the Tutorial Center, Online Writing Lab (OWL), Office of Specialized Services, etc.
 Include a statement on the BCC Library.

Example:

Student and Faculty Support Services

The distance Learning Office-for any problems you may have accessing your online courses	Room C-334	210-612-5581 psimms@bergen.edu
Smartthinking Tutorial Service	On Line at:	www.bergen.edu/library/learning/tutor/smart/index.asp
The Tutoring Center	Room L-125	201-447-7908
The Writing Center	Room L-125	201-447-7908
The Online Writing Lab (OWL)	On Line at:	www.bergen.edu/owl
The Office of Specialized Services (for Students with Disabilities)	Room S-131	201-612-5270 www.bergen.edu/oss
The Sidney Silverman Library	Room L-226	201-447-7436

Include a Course Outline and Calendar

The Course Outline and Calendar must include all of the following elements;

- A daily or (at least) weekly schedule of topics to be covered.
- Dates for exams, quizzes, or other means of assessment.
- Due dates for major assignments-e.g., due dates for the paper(s), due dates for the project(s) etc.
- Any required special events-e.g., a lecture by a visiting speaker, a dramatic performance etc.
- A note to students stating that the course outline and calendar is tentative and subject to change, depending upon the progress of the class.

Sample Format for Course Outline and Calendar

Week(s)	Date(s)	Topic	Reading/Activity/Assignments/Events
1-2	September	<u>INTRODUCTION</u> : Course of	<u>Assignment</u> :

	4, 8	<p>study, text, assignments and evaluation.</p> <ol style="list-style-type: none"> 1. Stressors, Stress and Stress Management defined 2. Dimensions of holistic health: physical, emotional, social, mental, spiritual, and environmental 3. Assessing your health 	<p>Text – read Chapter 1, Health Links – Center for National Health Statistics</p> <p>http://cdc.gov/nch/swww/nchshome.htm and Critical Thinking Question on page 18.</p>
2	Sep 10	<p><u>INTRODUCTION:</u> Course of study, text, assignments and evaluation.</p> <ol style="list-style-type: none"> 1. Stressors, Stress and Stress Management defined 2. Dimensions of holistic health: physical, emotional, social, mental, spiritual, and environmental 3. Assessing your health 	<p><u>Assignment:</u></p> <p>Text – read Chapter 1, Health Links – Center for National Health Statistics</p> <p>http://cdc.gov/nch/swww/nchshome.htm and Critical Thinking Question on page 18.</p>
3	Sep 15	<p><u>INTRODUCTION:</u> Course of study, text, assignments and evaluation.</p> <ol style="list-style-type: none"> 1. Stressors, Stress and Stress Management defined 2. Dimensions of holistic health: physical, emotional, social, mental, spiritual, and environmental 3. Assessing your health 	<p><u>Assignment:</u></p> <p>Text – read Chapter 1, Health Links – Center for National Health Statistics</p> <p>http://cdc.gov/nch/swww/nchshome.htm and Critical Thinking Question on page 18.</p>
3	Sep 17	<p><u>INTRODUCTION:</u> Course of study, text, assignments and evaluation.</p> <ol style="list-style-type: none"> 1. Stressors, Stress and Stress Management defined 2. Dimensions of holistic health: physical, emotional, social, mental, spiritual, and environmental 3. Assessing your health 	<p><u>Assignment:</u></p> <p>Text – read Chapter 1, Health Links – Center for National Health Statistics</p> <p>http://cdc.gov/nch/swww/nchshome.htm and Critical Thinking Question on page 18.</p>
4	Sep 22	<p><u>MANAGING YOUR MENTAL HEALTH:</u></p> <ol style="list-style-type: none"> 1. The role of knowing yourself 2. The importance of self-concept, self-esteem, self-efficacy, self-efficiency 3. Defining sadness and 	<p><u>Assignment:</u> Text – read Chapter 2, Health Links- The National Alliance of the Mentally Ill www.nami.org/ and Critical Thinking Question on page 33.</p>

		depression and the effect on behavior	
4	Sep 24	<p><u>MANAGING YOUR MENTAL HEALTH:</u></p> <ol style="list-style-type: none"> 1. The role of knowing yourself 2. The importance of self-concept, self-esteem, self-efficacy, self-efficiency 3. Defining sadness and depression and the effect on behavior 	<p><u>Assignment:</u> Text – read Chapter 2, Health Links- The National Alliance of the Mentally Ill www.nami.org/ and Critical Thinking Question on page 33.</p>
5	Sep 29	<p><u>MANAGING YOUR MENTAL HEALTH:</u></p> <ol style="list-style-type: none"> 1. The role of knowing yourself 2. The importance of self-concept, self-esteem, self-efficacy, self-efficiency 3. Defining sadness and depression and the effect on behavior 	<p><u>Assignment:</u> Text – read Chapter 2, Health Links- The National Alliance of the Mentally Ill www.nami.org/ and Critical Thinking Question on page 33.</p>
5	Cot 1	<p><u>COPING WITH STRESS:</u></p> <ol style="list-style-type: none"> 1. Stressors, stress and stress management defined 2. The impact of stress on health – the positive and negative effects 3. Stressors at work, home and college 4. Learning coping strategies and developing a personal philosophy of stress management. 	<p><u>Assignment:</u> Text – Chapter 3, Health Links- American Psychological Association Help Center helping.apa.org/stress3.html and Critical Thinking Question on page 46.</p>
6	Oct 6	<p><u>COPING WITH STRESS:</u></p> <ol style="list-style-type: none"> 1. Stressors, stress and stress management defined 2. The impact of stress on health – the positive and negative effects 3. Stressors at work, home and college 4. Learning coping strategies and developing a personal philosophy of stress management. 	<p><u>Assignment:</u> Text – Chapter 3, Health Links- American Psychological Association Help Center helping.apa.org/stress3.html and Critical Thinking Question on page 46.</p>

6	Cot 8	<p>COPING WITH STRESS:</p> <ol style="list-style-type: none"> 1. Stressors, stress and stress management defined 2. The impact of stress on health – the positive and negative effects 3. Stressors at work, home and college 4. Learning coping strategies and developing a personal philosophy of stress management. 	<p><u>Assignment:</u> Text – Chapter 3, Health Links-American Psychological Association Help Center helping.apa.org/stress3.html and Critical Thinking Question on page 46.</p>
7	Oct 13	<p>COPING WITH STRESS:</p> <ol style="list-style-type: none"> 1. Stressors, stress and stress management defined 2. The impact of stress on health – the positive and negative effects 3. Stressors at work, home and college 4. Learning coping strategies and developing a personal philosophy of stress management. 	<p><u>Assignment:</u> Text – Chapter 3, Health Links-American Psychological Association Help Center helping.apa.org/stress3.html and Critical Thinking Question on page 46.</p>
7	Oct 15	<p><u>RECOGNIZING VIOLENT BEHAVIOR:</u></p> <ol style="list-style-type: none"> 1. Domestic violence 2. Child abuse 3. Sexual harassment 4. Date rape 5. The influence of drugs 6. The role of television 	<p><u>Assignment:</u> Text – Chapter 9, Violence on T.V. at http://www.apa.org/pubinfo/violence.html and Critical Thinking Question on page 146.</p>
8	Oct 20	<p><u>RECOGNIZING VIOLENT BEHAVIOR:</u></p> <ol style="list-style-type: none"> 1. Domestic violence 2. Child abuse 3. Sexual harassment 4. Date rape 5. The influence of drugs 6. The role of television 	<p><u>Assignment:</u> Text – Chapter 9, Violence on T.V. at http://www.apa.org/pubinfo/violence.html and Critical Thinking Question on page 146.</p>

8	Oct 22	<u>RECOGNIZING VIOLENT BEHAVIOR:</u> <ol style="list-style-type: none"> 1. Domestic violence 2. Child abuse 3. Sexual harassment 4. Date rape 5. The influence of drugs 6. The role of television 	<u>Assignment:</u> Text – Chapter 9, Violence on T.V. at http://www.apa.org/pubinfo/violence.html and Critical Thinking Question on page 146.
9	Oct 27	<u>RECOGNIZING VIOLENT BEHAVIOR:</u> <ol style="list-style-type: none"> 1. Domestic violence 2. Child abuse 3. Sexual harassment 4. Date rape 5. The influence of drugs 6. The role of television 	<u>Assignment:</u> Text – Chapter 9, Violence on T.V. at http://www.apa.org/pubinfo/violence.html and Critical Thinking Question on page 146.
9	Oct 29	<u>CONTROLLABLE HEALTH RISKS:</u> <ol style="list-style-type: none"> 1. Preventing injury and disease 2. Understanding behavior choices and dangers of drugs 3. Understanding alcohol, tobacco and other drug use and abuse 4. Separating the myths from the facts 	<u>Assignment:</u> Text – Chapters 7 & 8, Consult text for several Web Links, Critical Thinking Question on page 111 and Self-Assessment on pages 14-16.
10	Nov 3	<u>CONTROLLABLE HEALTH RISKS:</u> <ol style="list-style-type: none"> 1. Preventing injury and disease 2. Understanding behavior choices and dangers of drugs 3. Understanding alcohol, tobacco and other drug use and abuse 4. Separating the myths from the facts 	<u>Assignment:</u> Text – Chapters 7 & 8, Consult text for several Web Links, Critical Thinking Question on page 111 and Self-Assessment on pages 14-16.
10	Nov 5	<u>CONTROLLABLE HEALTH RISKS:</u> <ol style="list-style-type: none"> 1. Preventing injury and disease 	<u>Assignment:</u> Text – Chapters 7 & 8, Consult text for several Web Links,

		<ol style="list-style-type: none"> 2. Understanding behavior choices and dangers of drugs 3. Understanding alcohol, tobacco and other drug use and abuse 4. Separating the myths from the facts 	<p>Critical Thinking Question on page 111 and Self-Assessment on pages 14-16.</p>
11	Nov 10	<p><u>CONTROLLABLE HEALTH RISKS:</u></p> <ol style="list-style-type: none"> 1. Preventing injury and disease 2. Understanding behavior choices and dangers of drugs 3. Understanding alcohol, tobacco and other drug use and abuse 4. Separating the myths from the facts 	<p>Assignment: Text – Chapters 7 & 8, Consult text for several Web Links,</p> <p>Critical Thinking Question on page 111 and Self-Assessment on pages 14-16.</p>
11	Nov 12	<p><u>EATING SMART AND WEIGHT SMART:</u></p> <ol style="list-style-type: none"> 1. Knowing and applying basic nutrition 2. Understanding the value of macronutrients 3. Understanding the value of micronutrients 4. Maintaining proper healthy weight <p>Assignment: Text – Chapters 5 & 6, Fast Food Finder Website at</p>	<p>http://www olen.com/food/ and individual student activity – options described in class.</p>
	Nov 17, 19	<p><u>EATING SMART AND WEIGHT SMART:</u></p> <ol style="list-style-type: none"> 1. Knowing and applying basic nutrition 2. Understanding the value of macronutrients 3. Understanding the value of micronutrients 4. Maintaining proper healthy weight <p>Assignment: Text – Chapters 5 & 6, Fast Food Finder Website at</p>	<p>http://www olen.com/food/ and individual student activity – options described in class.</p>
12	Nov 24	<p><u>EATING SMART AND WEIGHT SMART:</u></p>	<p>http://www olen.com/food/ and individual student activity –</p>

		<ol style="list-style-type: none"> 1. Knowing and applying basic nutrition 2. Understanding the value of macronutrients 3. Understanding the value of micronutrients 4. Maintaining proper healthy weight <p style="text-align: center;"><u>Assignment:</u> Text</p> <p>– Chapters 5 & 6, Fast Food Finder Website at</p>	options described in class.
12	Nov 26	<p><u>EATING SMART AND WEIGHT SMART:</u></p> <ol style="list-style-type: none"> 1. Knowing and applying basic nutrition 2. Understanding the value of macronutrients 3. Understanding the value of micronutrients 4. Maintaining proper healthy weight <p style="text-align: center;"><u>Assignment:</u> Text</p> <p>– Chapters 5 & 6, Fast Food Finder Website at</p>	http://www.olen.com/food/ and individual student activity – options described in class.
13	Dec 1	<p><u>BASIC WELLNESS:</u></p> <ol style="list-style-type: none"> 1. The role of fitness in our total well-being 2. Understanding the Fitness Triangle: strength, flexibility and endurance 3. Fitness through exercise 4. Assessing and measuring fitness parameters – the positives and negatives 5. Planning and maintaining a Personal Fitness Program 6. Developing healthy relationships <p style="text-align: center;"><u>Assignment:</u> Text</p> <p>– Chapters 6, 10 & 11, consult text for several Web Links of choice and Critical Thinking Question on pages 169 & 195. Optional journal writing will be due at beginning of this unit.</p>	<p style="text-align: center;"><u>Assignment:</u></p> <p>Text – Chapters 6, 10 & 11, consult text for several Web Links of choice and Critical Thinking Question on pages 169 & 195. Optional journal writing will be due at beginning of this unit.</p>

13	Dec 3	<p><u>BASIC WELLNESS:</u></p> <ol style="list-style-type: none"> 1. The role of fitness in our total well-being 2. Understanding the Fitness Triangle: strength, flexibility and endurance 3. Fitness through exercise 4. Assessing and measuring fitness parameters – the positives and negatives 5. Planning and maintaining a Personal Fitness Program 6. Developing healthy relationships <p><u>Assignment:</u> Text – Chapters 6, 10 & 11, consult text for several Web Links of choice and Critical Thinking Question on pages 169 & 195. Optional journal writing will be due at beginning of this unit.</p>	<p><u>Assignment:</u> Text – Chapters 6, 10 & 11, consult text for several Web Links of choice and Critical Thinking Question on pages 169 & 195. Optional journal writing will be due at beginning of this unit.</p>
14	Dec 8	<p><u>BASIC WELLNESS:</u></p> <ol style="list-style-type: none"> 1. The role of fitness in our total well-being 2. Understanding the Fitness Triangle: strength, flexibility and endurance 3. Fitness through exercise 4. Assessing and measuring fitness parameters – the positives and negatives 5. Planning and maintaining a Personal Fitness Program 6. Developing healthy relationships <p><u>Assignment:</u> Text – Chapters 6, 10 & 11, consult text for several Web Links of choice and Critical Thinking Question on pages 169 & 195. Optional journal writing will be due at beginning of this unit.</p>	<p><u>Assignment:</u> Text – Chapters 6, 10 & 11, consult text for several Web Links of choice and Critical Thinking Question on pages 169 & 195. Optional journal writing will be due at beginning of this unit.</p>
14	Dec 10	<p><u>BASIC WELLNESS:</u></p>	<p><u>Assignment:</u></p>

		<ol style="list-style-type: none"> 1. The role of fitness in our total well-being 2. Understanding the Fitness Triangle: strength, flexibility and endurance 3. Fitness through exercise 4. Assessing and measuring fitness parameters – the positives and negatives 5. Planning and maintaining a Personal Fitness Program 6. Developing healthy relationships <p><u>Assignment:</u> Text – Chapters 6, 10 & 11, consult text for several Web Links of choice and Critical Thinking Question on pages 169 & 195. Optional journal writing will be due at beginning of this unit.</p>	<p>Text – Chapters 6, 10 & 11, consult text for several Web Links of choice and Critical Thinking Question on pages 169 & 195. Optional journal writing will be due at beginning of this unit.</p>
15	Dec 15	Wrap Up	
15	Dec 17	Wrap Up	

Note to Students: This Course Outline and Calendar is tentative and subject to change, depending upon the progress of the class.