SIENA HEIGHTS UNIVERSITY

COURSE NUMBER: PSY 325
COURSE TITLE: "Stress Management"

FACULTY: Christina M. DeLand M.A., L.P.C.

E-mail: christinadeland@att.net
CLASS DATES: Monday 1/11/10 to Monday 3/1/10
SEMESTER CREDITS: Three(3)

(This is an "at will" syllabus and is subject to change at the discretion of the instructor.)

Required: Coping with Stress in a Changing World -- Richard Blonna

Textbook

Coping w. stress in a changing world. (4th ed.)

Boston, MA. ISBN: 0073026603

Course Description

This class is intended to study the definition of stress, its origins, its effects, and coping skills to manage stress in our personal and professional lives. The course will study stress from both a clinical and personal perspective. Each week we will practice deep breathing exercises and progressive muscle relaxations. We will progress into relaxed visualization for complete stress management. The student should be self motivated to learn course material.
### Course Methods
Because each class period involves an interchange of lecture and group discussion, it is expected that the student will attend each class. The student must be well prepared for participation by reading the required chapters. In fact, a student's degree of participation will be part of the final grade. In addition, the student is expected to complete all class assignments during each week of the semester, such as daily meditation/relaxation methods, journaling, etc.

### Grading
Students will be expected to attend and participate in all scheduled meetings, read the required materials, and complete assignments.

### Assignments
- **1)** One brief reflection paper on a fight/flight experience. 2-3 pages. Worth 15 points.
- **2)** A daily journal of two weeks length connecting negative feelings with negative cognitions. Further explanation of this assignment will be given in class. Worth 20 points.
- **3)** A book report of 4-6 pages is to be completed by the seventh lesson. It is to be typewritten and double spaced. It should be on one aspect of STRESS MANAGEMENT that is of interest to you. Worth 25 points.
- **4)** Attendance = 5 points for each week's work. Total of 40 points (5 x 8 weeks).

**ALL PAPERS SHOULD BE WRITTEN ACCORDING TO THE APA STYLE DESCRIBED IN THE APA STYLE GUIDE.**

**APA Formatting**

### Course Policies
Late assignments will not be accepted unless prior arrangements have been made, or a medical emergency has occurred. Technological devices must not disrupt class and shall be utilized in class only for class related activity.

### Grading Scale
The following is the standard grading scale used for this course:

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<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>100-92%</td>
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<td>A-</td>
<td>91-89%</td>
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<td>B+</td>
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<td>C</td>
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<td>C-</td>
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ETC.