Syllabus

Fall 2014 (9/22 - 12/12)

Huma 50 - Understanding and Managing Stress - (4 units)

Instructor: Ms. K.D. Le (Huynh)
Email: huynhkd@deanza.edu

Class time: Friday 9:30 AM -11:20 AM in MLC113 and on line at https://catalyst.deanza.edu/;

Office: Counseling Center (SCS 212)
Phone number: (408) 864-5673

Final Exam schedule for Fall 2014:
http://www.deanza.edu/calendar/fallexams.html

What to Expect

This is a hybrid course which combines online and classroom learning. This is a reading, an activity driven and group/classroom discussions, experiential course in which your participation is essential. You should expect to spend about 12 hours a week which includes class and homework assignments. You will attend class each Friday from 9:30 to 11:20 AM. Many of the assignments and testing will be done online through Catalyst. You are expected to complete work each week according to perspective week in Catalyst. When you choose to log in will be up to you, as long as you complete the assignments on time. Many assignments have a Thursday, midnight deadline. You will be more successful if you log in on a regular basis (3-5 times a week)

Course Description:

We will discuss what stress is, how stress develops, investigate stress-related disorders, and explore ways of coping/dealing with various life stressors. Activities will include lecture and group discussions, guest speakers, self-assessment inventories, group and individual exercises, exams, and group project.

Required Materials:

Please use this link [www.cengagebrain.com](http://www.cengagebrain.com) to purchase the textbook on-line or visit the De Anza bookstore for the complete book package (lower cost)

**ICC’s:** Communication and Expression, Critical Thinking, Physical/ Mental Wellness and Personal Responsibility.

**SLO:**

1. Distinguish and list the physiological symptoms when under stress and critique its impact on the body.
2. Develop and apply stress management strategies that can be used to reduce the physiological symptoms of stress.

**Student Learning Outcome Assessment:**

*Questions from the 3 objective exams will determine how well you have met the Student Learning Outcome for this course as they relate to the 4 topic areas listed below.*

1. Physiological symptoms of Stress
2. Impact of Stress symptoms on the body
3. Stress Management strategies to reduce stress
4. Relaxation techniques to reduce stress

**Grading:**

Final Grade is based on the total number of points from all four assignments. All four assignments must be completed in order to pass this course. (*Assignment 2, 3, and 4 counted as 2 assignments with the lowest point exam disregarded*)

<table>
<thead>
<tr>
<th>Final Grade</th>
<th>Total Points Achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>361 and above</td>
</tr>
<tr>
<td>A</td>
<td>350-359</td>
</tr>
<tr>
<td>A-</td>
<td>340-349</td>
</tr>
<tr>
<td>B+</td>
<td>330-339</td>
</tr>
<tr>
<td>B</td>
<td>320-329</td>
</tr>
<tr>
<td>B-</td>
<td>305-319</td>
</tr>
<tr>
<td>C+</td>
<td>290-304</td>
</tr>
<tr>
<td>C</td>
<td>280-289</td>
</tr>
<tr>
<td>D+</td>
<td>265-279</td>
</tr>
<tr>
<td>D</td>
<td>250-264</td>
</tr>
</tbody>
</table>
Assignment #1: Complete 14 Individual and group Assignments (100 points)

*Assignment #2: Objective Exam 1 (Stress, Self-Assessment, Science of Stress, Mind & Body Connection, Perception, Thoughts & Choices) (100 points)

*Assignment #3: Objective Exam 2 (Mindfulness, Emotions, Values, Spirituality, Time & Money Management, Guided Imagery) (100 points)

*Assignment #4: Objective Exam 3 (Social Support, Relationships, Communication, Healing Environment, Healthy Life Styles, Meditation, Yoga, and other Stress reduction strategies) (100 points)

Assignment #5: Write a final five-page essay that identify the 5 top stressors in your life, rank them (1-10), identify them as acute, chronic, or daily hassle, and identify 1-3 new stress reduction strategies and relaxation techniques for each stressors. (100 points)

* One exam with the lowest score out of the 3 will be disregarded. However, questions on that exam listed under assessment to measure student learning outcome will still be considered for the purpose of course assessment.

3 Objective Exams (NO make-up exams; drop one or keep all) 200 points
1 Final Paper (only if you decided to drop 1 exam) 100 points
Active online & in class participation, attendance, homework assignments 100 points
Total points 400 points

Grading rubric for the on line Discussion Forums

You should plan to check in to the Discussion Forums to post and respond to new postings several times a week.
### Quality of postings

<table>
<thead>
<tr>
<th>Unsatisfactory</th>
<th>Full credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Postings are not relevant to the question assignments.</td>
<td>Postings reflect the readings and discussion/lecture topic focus. Use of critical thinking/real world application is evident.</td>
</tr>
</tbody>
</table>

### Quantity of postings

<table>
<thead>
<tr>
<th>Unsatisfactory</th>
<th>Full credit</th>
</tr>
</thead>
</table>
| Responds to the question posted and one of the following:  
  - neglects to respond to any postings OR  
  - dominates the thread with excessive postings | Responds to at least 2 other peers/participants. |

### Timeliness of posts

<table>
<thead>
<tr>
<th>Unsatisfactory</th>
<th>Full credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Posts meet the other criteria but are posted at the end of the week when class discussions have moved on to other topics.</td>
<td>Responses occur early enough in the week to allow others to provide feedback and contribute to the discussion in a timely manner.</td>
</tr>
</tbody>
</table>

### Attendance:

To benefit fully from the course, involvement in discussion, exercises, and lecture is important. **1 absence will be allowed for the quarter.** (increment of 5 points deducted for each excessive absence. Example: 5 pts deducted for 2nd absence, 10 pts for 3rd absence, so on) The instructor reserves the right to fail students from class with more than 2 absences. **Extra credit for perfect attendance** (next grade level. Example: C+ to B-). Other extra credits, please visit my web site. Cell phones must be turned OFF in class. Please phone or email if you are unable to attend class. DO NOT SIMPLY STOP ATTENDING CLASS!!! You must drop yourself if you plan on stopping this course. Dropping and adding is the student's responsibility.

**Note:** *De Anza College honors academic integrity and encourages respect in creating a healthy, safe, and supportive learning environment for all students. Any students disrupting this class or caught cheating in class will receive an F for the course and will be dismissed from class. Administrative follow-up may result.*