CLASS INFORMATION SHEET
Stress Management & Adaptation
Course: Psychology 20B

Instructor:  N. Solomowitz, Ph.D.
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Catalog Description:
This is an academic course designed to acquaint students with the role stress plays in the lives of all individuals. The class will include the presentation of research in the field focusing on the effects of stress on health and an overview of stress management techniques.

Textbook:
Comprehensive Stress Management, Jerrold S. Greenberg
On Reserve at Goleman Library: (Reserve) BF 575.S75.G66 2002

Classroom Expectations
Turn off cell phones
No drinking or eating in the classroom
Do not talk with others while the instructor is lecturing

AIMS AND OBJECTIVES:
General Aims:
1. To understand the causes and effects of stress
2. To learn strategies for coping with stress

Specific Objectives
1. The student will learn how stress affects each individual.
2. The student will gain insight into techniques and strategies related to stress reduction.
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(20B)

Comprehensive Stress Management, Jerrold Greenberg

Chapter
1: What is Stress?
2: Stress Psychophysiology
3: Stress and Illness
4: Interventions
5: Intrapersonal Interventions
6: Interpersonal Interventions
7: Perception Interventions

Midterm (40 points)

Chapter
9: Meditation
10: Autogenic Training
11: Progressive Relaxation
12: Breathing & Mindfulness
13: Exercise
14: Decreasing Stressful Behaviors
15 Stress and the Family (Time permitting)
19: Stress and the Elderly

Final (40 points)

Answer sheets (scantrons) will be provided.
You will need a No. 2 pencil.

No make-up exams without a school approved excuse.
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EVALUATION  
Class grade will be based upon:  

1. A midterm which will consist of 40 multiple choice or true / false questions worth 1 point each. The midterm will be based upon information in your textbook, transparencies, and lectures covering Chapters 1 – 7.  

2. Completion of class project with a total maximum value of 20 points. Assignments and guidelines for carrying them out will be presented in class.  

3. A final which will also consist of 40 multiple choice or true / false questions worth one point each. The final may be based upon information in your textbook, lectures, transparencies and lectures covering Chapters 9, 10, 11, 12, 13, 14 & 19.  

4. Class grades will be based on the addition of the scores from the midterm, final exam and assigned project. Final grades will be available online (www.deltacollege.edu) or through the Star System (476-7997).  

SUMMARIZING  

<table>
<thead>
<tr>
<th>Midterm</th>
<th>40 points</th>
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<tr>
<td>Final Exam</td>
<td>40 points</td>
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<tr>
<td>Stress Diary</td>
<td>20 points</td>
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Total possible points are 100.  
Grades are based on 90%=A, 80%=B, 70%=C, 60%=D.
STRESS DIARY (20 points)

1. Keep a stress diary. An excel worksheet will be provided. On your worksheet, list five or six stresses. It usually works best if you take a stress as it occurs to you and complete the following questions on the worksheet. Due date will be announced in class.

2. Identify the thoughts (self-talk) associated with your reaction to the stress.

3. Identify your emotional style. Faced with a stress, do you overreact, worry, become self-critical or feel like a victim? Are you a perfectionist? Try to identify your style. Would you like to change it?

4. Identify an outcome. Were your coping efforts helpful or did they contribute to the problem?

5. Was the stress something that was likely to matter in six months, in one month or even in 24 hours? If not, did you overreact?

The instructor reserves the right to make any necessary adjustments in the operation of the course that in his professional judgment are warranted to better meet the needs of the students.