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

Instructor:  N. Solomowitz, Ph.D.
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Prerequisite:  Reading  Level II
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

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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Stress Management & Adaptation
(20B)

Comprehensive Stress Management, Jerrold Greenberg

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

Midterm  (40 points)

Chapter
9: Meditation
10: Autogenic Training
11: Progressive Relaxation
12: Breathing & Mindfulness
13: Exercise  ‘Behavior Change Program’ due
14: Decreasing Stressful Behaviors
19: Stress and the Elderly

Final  (40 points)

Answer sheets (scantrons) will be provided.
You will need to bring 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 all homework and class projects 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(s). Final grades will be available online (www.deltacollege.edu) or through the Star System (476-7997). 

SUMMARIZING  

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
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<tbody>
<tr>
<td>Midterm</td>
<td>40</td>
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<tr>
<td>Final Exam</td>
<td>40</td>
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<tr>
<td>Project</td>
<td>20</td>
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Total possible points are 100. 

Grades are based on 90%=A, 80%=B, 70%=C, 60%=D.
FIRST ASSIGNMENT: STRESS DIARY

Worth 5 points
1. Keep a diary for several weeks of daily stresses. Note which are routine stresses (r) – that is experienced often & which are unique (u) - seldom encountered. You can do this either as an excel worksheet or a word document.

WARNING SIGNS
2. Identify any warning signs (symptoms) that indicate to you that the stress is beginning to build.
   a. Physical: muscle tension, sweating, headaches, increased pulse rate, neck pains…..
   b. Emotional: fear, anxiety, confusion, tearfulness, frustration, anger, feelings of helplessness, etc.)

3. What thoughts are associated with the physical and emotional symptoms you experienced?

4. Can you identify a behavior you would like to change.

5. Have you tried to change this behavior in the past? If so, what happened?
   Stress Diary due when we cover Chapter 5
SECOND ASSIGNMENT: (See Chapter 14)
Personalized behavioral change program.
Worth 15 points

1. Identify a behavior you would like to change?
2. What has prevented you from changing this behavior?
3. Suggested techniques to decrease unwanted behavior(s)
   a. **Self-monitoring:** How often and under what circumstances do I engage in this behavior? (Baseline)
   b. **Contract:** If I do this behavior: Specify behavior then I will receive this reward Specify reward
   c. **Significant other:** A ‘witness’ for this contract
   d. **Tailoring:** Do I need to modify this behavioral change program to maximize the chances of its success?
   e. **Social reinforcement:** (Optional) Will I be rewarded by anyone? How will that person socially reward me?
   f. **Material reinforcement:** What type of reward(s)?
   g. **Shaping:** If I am changing my behavior in steps, these will be the steps: 1. 2. 3. 4. 5. 6. (VIP)
   h. **Reminders:** What aids do I need or can I use to help me with this change program (a calendar, diary, special folders, computer, a deadline)?
   i. **Additional help:** What other help might be available – if I should need additional support or information?
   j. **Professional help:** Do I need professional help with my problem? How will I know if I need this help? And, if so, where is it available?

The personalized behavioral change program will be due when we cover **Chapter 13**
GUIDELINES
See Chapters 5 & 14 in Comprehensive Stress Management for additional information on how to create stress diary as well as a personalized behavior change program.
When answering the above questions, indicate clearly which question is being answered. Your project should be computer printed (font size 14 is recommended,) or typed, double-spaced and reflect college level standards with regard to spelling and grammar.

Check manually for spelling errors!

Length: Minimum 4 pages (Part II)
Make a copy for your records.
Due date will be announced in class.
Grade deduction for late papers.

OPTIONAL
For each chapter covered there is an online self-quiz.
Start at the SJDC Home Page: www.deltacollege.edu
Select
1. Faculty / 2. Divisions and Departments / 3. Social Science / 4. Faculty / 5. Go to part-time faculty and click on my name. 6. Online Learning Center / 7. Student Center.
   (Bookmark the URL for 7. Student Center.) http://highered.mcgraw-hill.com/sites/0072319704/student_view0/
8. Select the chapter / 9. True or False / 10. Take the chapter quiz.

The self-quiz for each chapter consists of 10 true / false questions. It is not time limited. You can submit your answers multiple times. These quizzes are not counted as part of your grade. They are intended to help improve your understanding of each chapter’s contents. For each chapter, you can also explore the web links to related sites under ‘Internet Resources.’

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.