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COURSE DESCRIPTION

This course is designed to enable students to understand the role of stress in their lives. The course focuses on the physiological and psychological aspects of stress, the role of stress in the etiology of many chronic diseases, and the development of a repertoire of coping strategies to enable students to manage personal stress. The course examines a variety of interpersonal and environmental stressors ranging from the workplace to the family.

COURSE OBJECTIVES

As a result of this course, you will be able to:

1. Express yourself in writing by keeping stress, time management, & expressive writing journals.
2. Demonstrate the ability to think critically by comparing and contrasting the effectiveness of a variety of coping strategies against your personal stressors.
3. Locate and use stress-related information from the internet, personal health assessments, and content material to complete assignments and develop a personal comprehensive stress management plan.
4. Demonstrate ability to integrate knowledge and ideas in a coherent and meaningful manner through the development of a personalized, comprehensive stress management plan.

REQUIRED TEXT

There is no required textbook for this course. All reading material is provided online via Blackboard.

TEACHING METHODS

This course is taught completely online using Blackboard technology. You will work independently on a series of online assignments, each centered on a specific topic related to stress and stress management. A detailed description of each assignment is posted on Blackboard under the MODULES tabs. Due dates for each of the assignments are found in the course schedule in this syllabus.

COURSE CONTENT

1. Introduction: What is Stress?
2. The Cognitive & Emotional Basis of Stress.
3. The Physical Basis of Stress.
4. The Social & Spiritual Basis of Stress.
5. Stress and Disease.
6. A Wellness Model of Coping.
7. Stress Management and Stress Reduction Strategies.

COURSE ASSIGNMENTS & EVALUATION

GRADING SCALE

80% = Homework Assignments

- Eight (8) assignments @10% each.
- Note: There are 16 possible assignments. The eight (8) highest assignment grades will be used to calculate your final course grade.

20% = Final Project – *Stress Photo Story*

A	93-100	C	73-76
A-	90- 92	C-	70-72
B+	87-89	D+	67-69
B	83-86	D	60-66
B-	80-82	F	<60
C+	77-79		

ABOUT BLACKBOARD, THE MODULES, AND THE ASSIGNMENTS

ANNOUNCEMENTS

- From time to time, important course announcements will be posted in this section.
- You should check these announcements on a daily basis.
- You are responsible for any information, course updates, changes, or updated deadlines posted here.

SYLLABUS & WELCOME LETTER

- The course syllabus and course welcome letter are posted in this section.
- You are responsible for reading all information contained in the course syllabus and welcome letter.
- The course syllabus includes a schedule with detailed information about due dates. You are responsible for managing your time effectively and meeting all these due dates.

MODULES

- The course is divided into 8 main topics, or MODULES.
- For each module, you will engage in a series of activities. First you will read a brief set of background notes. Next, you might be asked to read some additional readings, engage in an experiential activity, view a film, or complete a health assessment related to your stress.
- Each module contains between 1-3 potential assignments for you to complete. There are two main types of assignments: 1. Writing activities and 2. Quizzes, explained in further detail on the next page.
- All material that is needed to complete the assignments are posted in this section as .pdf documents.
- This is where you will submit your completed assignments.
- No late assignments are accepted in this online course.

GRADES

- Course grades will be posted here, generally within 1 week after submission of the assignment.
- You are responsible for monitoring your progress throughout the course and seeking additional assistance when necessary.

MODULES & ASSIGNMENTS

GENERAL INFORMATION ABOUT THE COURSE MODULES AND ASSIGNMENTS

- Each module is assigned for two days (see the course schedule).
- Assignments within each module are due no later than 11:59:00 pm on the second day assigned for that module.
- While late assignments are not accepted, you may begin work on modules and submit assignments early.
- You are expected to complete all the steps/activities within each module and you may complete as many assignments as you like but you must complete at least eight (8). You may complete more than eight assignments, but only the eight highest grades will be used to calculate your final grade. For example, you might choose to complete all assignments in Module 2 but none of the assignments for Module 5. This is up to you as long as you complete a total of 8 assignments.
- You can use the list below as a checklist for the topics that are of most interest to you.

SUMMARY LIST OF ALL COURSE ASSIGNMENTS

MODULE 1: WHAT IS STRESS?

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|---|------------------|
| 1. Assessing the Sources of Your Stress | Writing Activity |
| 2. "What is Stress?" | Quiz |

MODULE 2: STRESS AND THE BODY

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|--|------|
| 3. "The Nervous and the Endocrine Systems" | Quiz |
| 4. "Stress – Portrait of a Killer" | Quiz |

MODULE 3: LOCUS OF CONTROL

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|---|------------------|
| 5. Reacting to your Attributional Style and Locus of Control Assessment Results | Writing Activity |
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MODULE 4: STRESS AND DISEASE

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| 6. "Stress and Heart Disease" | Quiz |
| 7. "How Stress and Loneliness can Make you more likely to get COVID-19" | Quiz |

MODULE 5: STRESS MANAGEMENT

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| 8. Reacting to your "Coping and Stress Management Skills" Assessment Results | Writing Activity |
| 9. "Ways to Manage Stress" | Quiz |

MODULE 6: PHYSICAL COPING

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|--|------------------|
| 10. Assess the Impact of your Diet on your Stress Levels | Writing Activity |
| 11. Create a Stress Management Playlist | Writing Activity |
| 12. "Exercise and Stress" | Quiz |

MODULE 7: PSYCHOLOGICAL COPING

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|---|------------------|
| 13. Reacting to Your Progressive Muscle Relaxation (PMR) Experience | Writing Activity |
| 14. Assessing Your Stress Related to Time Management | Writing Activity |

MODULE 8: SOCIAL COPING

- | | |
|---|------------------|
| 15. "Social Support and Resilience to Stress" | Quiz |
| 16. Engage in an Expressive Writing Activity | Writing Activity |

REQUIREMENTS FOR THE SUBMISSION OF WRITING ACTIVITIES

- ✓ Use this as a step-by-step checklist before submitting any *writing activity*
- ✓ Note: some of the assignments are in “quiz” format. These assignments will be completed directly through the Blackboard interface.
- ✓ It is recommended that you do the following for each writing activity:

1. For writing assignments, using MS Word, type your answers to the assignment into ONE electronic document. If appropriate, number your answers so that they correspond directly to the numbers used in the assignment instructions. (Some assignments may require PowerPoint, not MS Word.)
2. Next, save this document to your hard drive or flash drive so that you have a copy of your work. Failure to save your work is NOT an excuse for late or missing assignments.
3. Next, proofread your answers carefully and run a spell check. Assignments must be well written – punctuation, spelling, composition, syntax, and grammar will be graded. Up to 25% of the grade for the assignment may be deducted for these errors. Please proofread several times carefully.
4. Next, upload your document to Blackboard by following the instructions posted under the Assignments tab. Do NOT copy your assignment into the “Add Comments” field. A PDF is the preferred file format for uploading. Assignments that are emailed will NOT be read or graded.
5. Finally, after submitting your assignment via Blackboard, double check Blackboard to verify that your assignment appears as a submitted assignment. It is your responsibility to verify that your assignment has uploaded properly. If you cannot see it, neither can the instructor.
6. Remember to submit your assignment before the 11:59:00 pm deadline on the due date.
NO LATE ASSIGNMENTS ARE ACCEPTED IN THIS ONLINE COURSE.

NOTE: Assignments must be done by you and you alone. You MAY NOT work with any others, either inside or outside of this course, or from a previous semester, when completing these assignments. When you submit an assignment via BB you are signifying that the work within the assignment is your own original work and that it has not been copied or “borrowed” from any other source, including another person.

WORD COUNT: You might be wondering, how many pages, or how many words, must you write for a particular assignment? My answer to that question is simple – as many words or pages as it takes for you to answer the questions clearly and thoroughly. I am not concerned with number of pages or number of words you write. I am interested in your complete thoughts about the questions and issues we are examining. When in doubt, always provide clear and thorough responses that illustrate that you have done the reading and understand the concepts that we are exploring in each assignment.

REQUIREMENTS FOR THE SUBMISSION OF QUIZZES

- ✓ Quizzes will test your comprehension of material found in the background notes, additional readings, and/or a film.
 - ✓ Quizzes consist of 5-20 multiple choice and/or true/false questions. Each question has one best answer.
 - ✓ Quizzes are “open-book” – you may use the resources provided within the BB course to complete your quizzes.
 - ✓ Quizzes are completed via BB. Once you open a quiz, you have an unlimited amount of time to complete it, HOWEVER you must complete the quiz in one sitting. Once you close the quiz, you will not be able to return to change your answers or answer unanswered questions.
 - ✓ You may review the questions that you answered incorrectly, but only after the due date for the quiz has passed.
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COURSE SCHEDULE: PBHL 2200 – STRESS MANAGEMENT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	JAN 3 FIRST DAY OF CLASS <i>Read syllabus & explore Blackboard</i>	JAN 4 <i>Read Assignment 16 & Final Project instructions.</i> <i>Select at least 8 assignments to complete.</i>	JAN 5 <i>CHECK-IN EMAIL DUE</i>	JAN 6 ASSIGNMENTS 1 & 2 DUE	JAN 7	JAN 8 ASSIGNMENTS 3 & 4 DUE
			MODULE 1		MODULE 2	
JAN 9	JAN 10 ASSIGNMENT 5 DUE	JAN 11	JAN 12 ASSIGNMENTS 6 & 7 DUE	JAN 13	JAN 14 ASSIGNMENTS 8 & 9 DUE	JAN 15
MODULE 3		MODULE 4		MODULE 5		MOD. 6
← ← COMPLETE JOURNAL ENTRIES FOR ASSIGNMENT 16 → →						
JAN 16 ASSIGNMENTS 10, 11, & 12 DUE	JAN 17	JAN 18 ASSIGNMENTS 13 & 14 DUE	JAN 19	JAN 20 ASSIGNMENTS 15 & 16 DUE	JAN 21 FINAL DAY OF CLASS FINAL PROJECT DUE	JAN 22
MOD. 6	MODULE 7		MODULE 8			

- All assignments are due by 11:59:00 pm on the evening of the due date listed above.
- Please note that the course schedule is tentative and may be altered at the discretion of the instructor to accommodate student learning needs, the incorporation of additional materials, or other unforeseen circumstances.

GRADING CRITERIA FOR THE FINAL PROJECT

Qualities & Criteria	Poor (0-76)	Good (77-89)	Excellent (90-100)
<p>Organization of Assignment (15% of grade)</p> <ul style="list-style-type: none"> • Presentation and structuring of the text as indicated in the assignment instructions • Organization and coherence of ideas, including introduction/concluding paragraphs, when indicated • Clarity of sentences and paragraphs 	<p>Follows poorly the requirements related to presentation of the text. The assignment is badly organized, lacks clarity and/or does not present ideas in a coherent way</p>	<p>Follows, for the most part, all the requirements related to presentation of the text. Some requirements are not followed. The assignment is for the most part well organized, clear and presents ideas in a coherent way.</p>	<p>Closely follows all the requirements related to presentation of the text. The assignment is well organized, clear and presents ideas in a coherent way.</p>
<p>Content/Information in Assignment (60% of grade)</p> <ul style="list-style-type: none"> • Coherence of thesis/opinion • All elements of the assignment instructions are addressed • Information based on careful research, reading, and/or analysis information presented in the course readings, films, and/or supplemental material • Inclusion of sufficient relevant, specific, and thorough examples to support thesis/opinion 	<p>The assignment addresses poorly the issues/questions referred in the assignment instructions. The provided information is not necessary or not sufficient to discuss these issues. Responses to questions do not include sufficient, &/or relevant &/or specific, &/or thorough examples to support the thesis/opinion.</p>	<p>The assignment for the most part addresses with an in depth analysis most of the issues/questions referred in the assignment instructions. The provided information is, for the most part, necessary and sufficient to discuss these issues. Responses to questions for the most part include sufficient, &/or relevant &/or specific, &/or thorough examples to support the thesis/opinion.</p>	<p>The assignment addresses with an in depth analysis all the issues/questions referred in the assignment instructions. The provided information is necessary and sufficient to discuss these issues. Responses to questions include numerous relevant &/or specific, &/or thorough examples to support the thesis/opinion.</p>
<p>Quality of Writing (25% of grade)</p> <ul style="list-style-type: none"> • No errors and spelling, grammar and use of English 	<p>The assignment is not well written, and contains many spelling errors, and/or grammar errors and/or use of English errors.</p>	<p>The assignment is well written for the most part, without spelling, grammar or use of English errors.</p>	<p>The assignment is well written from start to finish, without spelling, grammar or use of English errors.</p>
<p>Overriding criteria:</p> <ul style="list-style-type: none"> • Originality and authenticity. If the assignment is identified as not being original, and/or not done by the student, the instructor has the right to grade the assignment as an F. • Requirements for the Submission of Written Work: Additional points will be deducted for not following the instructions listed in the syllabus 			
<p>This rubric will be used to evaluate all written assignments EXCEPT assignments that contain their own grading criteria listed in the instructions for the assignment.</p>			

COURSE POLICIES AND EXPECTATIONS

Plagiarism:

- **PLAGIARISM:** Make sure to properly cite all information that is not general knowledge using APA format. Using someone else's words in a quote or in a paraphrase without giving proper credit to the author is plagiarism.
 - ☑ **Plagiarism will not be tolerated. It will result in automatic failure for this course, with further action possible. Ignorance of what constitutes plagiarism will not be accepted as a reason for its occurrence.**
 - ☑ Material that is "Cut and Paste" directly from the internet, your textbook or any other resource is not acceptable and is considered plagiarism. Students who plagiarize and/or abuse the internet as a research tool are subject to grade reduction, assignment failure, course failure and reporting to the School Dean and the Dean of Students. Be assured that I consider academic dishonesty and plagiarism a very serious offense.
 - ☑ You may not work in groups with other classmates or seek assistance from others when completing the work required for this class. You **MUST** complete all of the course work associated with this class independently. Everything you hand-in must be your original work.

Online Course Expectations:

1. **SELF-DIRECTED LEARNER:**
 - ☑ In this online course, it will be up to you to manage your time so that you keep on pace with the course calendar (found in the syllabus).
 - ☑ In addition, you should know that this course does not include an interactive component with other students. All of the course requirements are done individually and sent directly to the instructor.
 - ☑ Therefore, if you are someone who cannot manage the fast paced environment of online learning or if you are someone who will miss interacting with classmates, this online course is probably not the right decision for you.
2. **TIME:**
 - ☑ I expect you to spend the same amount of time you would spend in a regular classroom.
 - ☑ In addition, I expect you to prepare for class offline by reading and writing on your own.
3. **COMPUTER KNOWLEDGE:**
 - ☑ As a basic course requirement, you must be able to log on and use Blackboard.
 - ☑ If you are unfamiliar with Blackboard, or consider yourself a slow learner when it comes to new technology, an online course is probably not the right decision for you.
 - ☑ In addition to using Blackboard, you must also know how to:
 - ☑ Open and view .PDF files using Adobe Acrobat Reader
 - ☑ Navigate the internet by copying and pasting URL's into your web browser.
4. **COMPUTER SOFTWARE, CONNECTION AND SPEED:**
 - ☑ It is also important that you understand that by registering for an online class, you are acknowledging that you have regular, daily access to a computer with sufficient internet access and speed.
 - ☑ You also must have access to Adobe Acrobat Reader (free online software) and Microsoft Word 2003 or a newer version.

FREQUENTLY ASKED QUESTIONS

Q: How far in advance are the instructions for the online assignments available on BB?

A: All assignments are posted before the start of the course.

Q: How will each of the assignments be graded?

A: Assignments are graded using the grading rubric found in the syllabus. For those assignments that do not use the grading rubric, a percentage breakdown of how each assignment is graded is included with the instructions for the assignment.

Q: Do I ever need to be online at a specific time?

A: This is a great question. This class is taught in what is called asynchronous fashion. This means that all of the learning activities are structured to be completed within a certain time period, but at a pace established by you. Therefore, you do NOT need to be online at a specific time. You need only to note the due dates for assignments and make sure that you submit your work before those due dates.

Q: Do I ever need to travel to WPUNJ for this course?

A: No. However, if you have computer problems at home, you may find it helpful to use the computers in the labs at WPUNJ. If you are having considerable trouble, or would like to set up a conference with me, we can meet via Zoom. Email me for an appointment.

Q: Can I send my assignments in after 11:59 pm on the due date?

A: 11:59 pm on evenings that assignments are due is the absolute latest time that you may send your work in to receive any credit. No late assignments are accepted in this online course. In fact, the assignment ceases to be available on Blackboard after 11:59 pm on the due date. PLAN AHEAD!!!!

Q: I am going on vacation. Can I go ahead and send in all my assignments early?

A: You may submit your assignments at any time as long as your assignments are submitted by the due date.

Q: Should I take this class if I do not have regular access to a computer or if I am generally unfamiliar with technology?

A: Think carefully about your choice to complete an online course. Many students believe that an online course is less demanding than a face-to-face course. This is definitely not the case! It is important to know that in an online course, you must do a lot of reading on your own and keep up with the assignments since no one will be reviewing the material with you in person. If you do not have regular, daily access to a functioning computer with updated software and a reliable internet connection, you should NOT take an online course. Lack of access to a working computer is NOT a legitimate reason for late work or inability to keep pace with the course assignments.

Q: I am having trouble with my school work. Are there are services available to help me?

A: YES! These services are free, make use of them!

Academic Support for Students with Disabilities

The **Accessibility Resource Center** (Speert Hall 134) assists students with documented disabilities by providing reasonable accommodations and services that ensures equal access to all programs, activities, and related benefits of the University's educational and professional programs.

- William Paterson University is committed to providing equitable access to learning opportunities to students with documented disabilities (e.g. mental health, attentional, learning, chronic health, sensory, or physical).
- Please contact the Accessibility Resource Center to engage in a confidential conversation about the process for requesting reasonable accommodations in the classroom and clinical settings.
- Students are encouraged to register with the Accessibility Resource Center (ARC) as soon as they enroll, since accommodations cannot be provided retroactively.
- Students are encouraged to notify their faculty members of any accommodation granted by the ARC by providing each faculty member a copy of the official accommodation letter during the first or second week of the semester.

Additional Support Services for Students

- **The Academic Success Center (Raubinger Hall, Lower Level) provides** one-on-one tutoring assistance for numerous lower-level and upper-level courses, as well as for developmental skills for math and reading courses. The Center also offers workshops, computer facilities, study groups and exam review sessions.
- The **Counseling, Health and Wellness Center** (Overlook South, 1st floor) provides a full range of clinical services for all William Paterson University Students, including preventative and counseling services.
- The **Writing Center** (Preakness Hall 124 and Valley Road 3048) provides one-on-one tutoring on writing issues such as outlining, thesis clarification, organization, style, transitions, citing, and grammar, as well as editing and proofreading one's own writing.
- Information about additional support services (Advisement Center, Science Enrichment Center, New Student/Sophomore/Junior/Transfer Student Experience) can be found online at <https://www.wpunj.edu/academicsupport/>

Standards of Academic Conduct – Academic Integrity Policy

William Paterson University expects all members of the University community to conduct themselves honestly and with professional demeanor in all academic activities.

Violations of this policy include, but are not limited to:

- **Plagiarism** is the copying from a book, article, notebook, video, or other source material, whether published or unpublished, without proper credit through the use of quotation marks, footnotes, and other customary means of identifying sources, or passing off as one's own the ideas, words, writings, programs, and experiments of another, whether such actions are intentional or unintentional. Plagiarism also includes submitting, without the consent of the professor, an assignment already tendered for academic credit in another course.
- **Cheating** during examinations includes any attempt to: (1) look at another student's examination with the intention of using another's answers for personal benefit; (2) communicate, in any manner, information concerning the content of the examination during the testing period or after the examination to someone who has not yet taken the examination; (3) use any materials, such as notebooks, notes, textbooks, or other sources, not specifically designated by the professor of the course for student use during the examination period; or (4) engage in any other activity for the purpose of seeking aid not authorized by the professor.
- **Collusion** is working together with another person/persons in preparing separate course assignments in ways not authorized by the instructor. Academic work produced through a cooperative (collaborative) effort of two or more students is permissible only upon the explicit consent of the professor. The collaboration must also be acknowledged in stating the authorship of the report.
- **Lying** is knowingly furnishing false information, distorting or omitting data, failing to provide all necessary, required information to the University advisor, registrar, admissions counselor, or professor, for any academically related purpose. Other concerns that relate to the Academic Integrity Policy include such issues as breach of personal security, stolen tests, falsified records, and vandalism of library or other materials. No list could possibly include all the possible violations of academic integrity. These examples should, however, give a clearer idea of the intent and extent of application of this policy

Students found to be in violation of the Academic Integrity Policy will have an Academic Integrity Violation report submitted to the Dean of Students, and may face additional sanction, including, but not limited to, failure of the assignment/exam, grade reduction, or failure of the course (full policy found in the William Paterson University Undergraduate Student Catalog).

Do you have other questions not answered in this syllabus? Email me at kernanw@wpunj.edu