

Psychology of Stress and Stress Management

5/28/ - 6/29 – online

Professor: Dr. Catherine Daus

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Zoom Office Hrs – By appointment

Zoom address:

<https://siue.zoom.us/j/5890752027>

Meeting ID: 589 075 2027

Required Text: Seaward, B. (2022). *Managing stress: Principles and strategies for health and well-being 10th (online) ed.* Burlington, MA: Jones & Bartlett Learning.

- Readings also posted via BB.

Prerequisite knowledge and credit hours: The only prerequisite for this course is PSYC 111 (Introductory Psychology).

Course Description

Physiological, psychological, and social variables involving stress, also stress in organizations, will be covered. Theories and models of stress and stress management will also be discussed and evaluated. The course will utilize a variety of formats including lecture, discussion, exercises, graduate student presentations, and films to present and examine substantive issues in stress and stress management.

Objectives

By the end of the course, students will be able to:

- 1) understand and apply theories of stress and stress management to real life scenarios;
- 2) identify consequences and predictors of stress;
- 3) evaluate both individual and organizational stress management techniques/programs;
- 4) understand methodological issues relevant to stress and coping measurement; and
- 5) develop stress management programs for a variety of individuals and organizations.

Evaluation – *Graduate Students have Additional Requirements

ALL DUE DATES WILL BE DUE AT 11:59 THE DAY (NIGHT) THEY ARE DUE

Quizzes – There will be **20 online quizzes worth 5 points each** – over chapter readings (you will have 10 minutes to complete them). I will have 22 quizzes, so you may drop your lowest 2 quizzes. You may/will complete these at your own pace – however, they open up on auto release, meaning, that you can only complete Quiz 2 after Quiz 1, etc... You also will not be able to take Exam 1 until all of the quizzes over that material have been taken; same for Exam 2. **I suggest you do the chapter reading, and then take the relevant quiz over the material.**

Exams - There will be two exams in this class, a midterm and a final. The exams are a mixture of short answer, fill-in-the-blank, multiple choice and essay (to be completed and submitted separately), taken online. You will have three hours to complete the exam once you open it (all questions except essay). Each exam is worth 100 pts. Midterm – **Completed by Sunday, June 9th**. Final completed no later than **Saturday, June 29.**

Projects - Students taking the course for graduate credit must do *both* projects; students not taking it for grad credit must do only the *first* project.

1) Individual Diary Project – worth 75 points for undergraduate students, 50 points for grad students – see grading rubric in BB

This is an individual case study analysis. You are required to do a self-analysis, for one week, using a diary/journal technique (explained during introduction to class Zoom lecture) of your own personal stress level, stressors, and coping strategies. You need to have set up your diary/journal by Thursday or Friday of the first week, so you have time to do each piece. You will then analyze your stress levels according to two (2) theories/perspectives of stress; i.e., what would these researchers suggest about your stress and the implications it has in your life? Finally, you will develop a personalized stress reduction program that is realistic for your lifestyle, utilizing and citing information you learned through this course. This project is worth 50 (grad students)/75 (undergrad students) points and different sections are due each week (Sunday by midnight). Appropriate professional paper style (e.g., APA or MLA) with references and in-text citations) is expected; (10–12 ds pages, normal margins (1 inch all around), TNR 12 pt. font) ***not including references, appendices, title page***) with a **blank** copy of your diary attached as an Appendix. Submit through TURNITIN link – must be below 10% similarity.

2) Organizational Project – worth 100 points – graduate students only - for the second project, you have a choice – you may choose to do either a more applied project (2a), or a research proposal (2b).

2a) The applied option involves you developing a stress management program for an organization. You will need to choose an organization that you have some familiarity with, yet you will not need to contact the organization ***unless you choose to do so***. You may choose to focus on one particular department within the organization (e.g., the accounting department), or a particular type of employee (e.g., ER nurses). You should first provide a brief overview of the organization (structure, jobs); next, provide an analysis of the organization's (or department's) particular stress factors with supporting evidence (e.g., you may give out a survey, interview people, do a formal observation, or substantiate with personal experiences); and finally, develop a realistic organizational stress program to address the particular stress factors and individuals within the organization. Supporting literature (possibly obtaining references not on the reading list for this course) is expected. Worth 100 pts, due by midnight, **Sunday, June 30**. Appropriate professional paper style (~ 15 – 18 double-spaced pgs), reference pg., in-text citations throughout, is required.

2b) The research proposal option involves you choosing a topic/s related to stress, and developing a literature review, hypotheses, research methods, and hypothesized statistical analysis sections. Please see me if you need help with the appropriate information expected in each section. Worth 100 points, due by midnight, **Sunday, June 30**. Appropriate professional paper style (~ 15 – 18 double-spaced pages), reference page and citing literature throughout your paper, is required.

Activities/Participation/Discussion/Posts – 75 + 25 = 100 points total

Activities: Each week, you will have three activities to be completed and then commented on in the discussion board section; they are clearly labeled. Each of these is worth **five** points for a total possible of **75** points for activities. **YOU MAY WORK AHEAD ON THESE**, but each week’s activities will be **ALL** due by **FRIDAY** of that week.

Discussion Posts: Also each week, you must post one original post to discussion board regarding current news story/topic related to stress (**each of these worth 3 points; 15 total**). You should include the source (story, link to article, video, etc. in your post), and a thought question/s for students to ponder. Your week’s original post due each Friday.

You also will need to post five separate comments (over the course of the five weeks) on colleagues’ posts, **each worth 2 pts (10 pts. total)**. For both points, you need to demonstrate clearly that you read, watched, etc. whatever was posted with the discussion questions. Comments on colleagues’ posts are all due, the final Friday (28th).

***Class facilitator – Grad Requirement Only - 30 points.** You will be assigned (choose) a topic to ‘present’ (via Zoom or Yuja recording) to the class once during the second or third week of the course. These presentations should be short summaries of the information. The presentations should last 30 - 45 minutes and may include an activity. Criteria for evaluation include: clarity and accuracy of information (20/30); creativity/interesting presentation (5/30); professionalism (5/30).

Topic choices: 1) Spirituality; 2) Art therapy; 3) Yoga; 4) Music therapy; 5) Massage therapy; 6) T’ai Chi Ch’uan; 7) Pet therapy; 8) Dream therapy; 9) Sleep deprivation; 10) Slow food movement; 11) Progressive Muscle Relaxation; 12) ACT Therapy

Summary of Evaluation		
<u>Activity</u>	<u>Due Date</u>	<u>Total Points</u>
Quizzes (20 at 5 pts. each)	First half: 6/7, 11:59 pm	100
	Second half: 6/28, 11:59 pm	
Midterm	Sunday, June 9th 11:59 pm	100
Final	Saturday, June 29th 11:59 pm	100
Individual Diary Project		50 (grad); 75 (ug)
	Section 1 - Sunday, June 2	25
	Section 2 – Sunday, June 16	25
	Section 3 – Sunday, June 23	25
Activities/Discussion	Throughout	100
*Org. Project (grad students)	Sunday, June 3th	100
*Class Facilitator (grad)	See schedule	30
		580 (grad) 475 (ug)

Late work - Late work will have 20% per day deducted, including weekends.

Graduate Grading Scale

A - 580 – 519 B – 518 – 461 C – 460 - 403 D - 402 – 345 F – ↓345

Undergraduate Grading Scale

A – 475 - 425 B – 424 – 377.5 C - 377 – 330 D - 329 – 282.5 F – ↓282.5

Course Schedule/Outline (GS is Grad Student Present.; BB is Blackboard Reading)

This is the order you will move through them and a “rough” guideline to follow (for what to do on what day, as if we were following a face-to-face schedule); you may work ahead; BUT you must move through them in this order. Like for the quizzes, they are set on auto release meaning the next video will only open after you have watched the prior one.

Week 1

T, May 28 Journal writing, Ch.11; Introduction – Chs. 1 & 2 (sociology of stress);

W, May 29 Theories of Stress – Chapter 5

R, May 30 Physiology/Biology of Stress – Ch. 3

F, May 31 Stress Consequences, Disease and Illness – Ch. 4

ALL WEEK’S DISCUSSION BOARD ACTIVITIES AND

DISCUSSION BOARD ORIGINAL POST ARE DUE BY 11:59 pm.

S, June 2 **Section 1, Diary paper, due 11:59 pm.**

Week 2

M, June 3 Ind. Interventions – Breathing, Exercise, Nutrition – Ch. 18, 27; Slow Food Movement – Grad Student Presentation - RH

T, June 4 Personality Predictors, Ch. 7; Biofeedback and Autogenic Training Ch 26

W, June 5 Emotion, Ch. 6; ACT – (no chapter; student presentation only)

R, June 6 Meditation and Mindfulness, Ch. 19; Behavior Modification, Ch. 10

F, June 7 **ALL WEEK’S DISCUSSION BOARD ACTIVITIES AND**

DISCUSSION BOARD ORIGINAL POST ARE DUE BY 11:59 pm.

ALL QUIZZES COVERING MATERIAL THROUGH THURSDAY, 6/6 ARE DUE BY 11:59 pm

Exam 1 opens at 9:00 am will stay open until Sunday midnight; you will have three hours to complete all questions (except essay, which are to be submitted separately).

S, June 9 **ALL OF EXAM 1 (BOTH ONLINE AND ESSAYS/SHORT ANSWERS) DUE BY 11:59.**

Week 3

M, June 10 Overview of work stress/specific work stress factors; **BB**;

T, June 11 Worksite Stress Management Programs; **BB**;

W, June 12 Burnout – **BB**;

R, June 13 Visualization, Mental Imagery – Ch. 21; Cognitive Restructuring, Ch. 9

F, June 14 Creative Problem Solving – 14; Art Therapy, Ch. 12

ALL WEEK’S DISCUSSION BOARD ACTIVITIES AND

DISCUSSION BOARD ORIGINAL POST ARE DUE BY 11:59 pm.

S, June 16 Section 2, Diary paper, due 11:59 pm.

Week 4

M, June 17 Music Therapy – 22 – Grad student presentation - AB; Pet Therapy, Ch. 23, p. 497

T, June 18 Dream Therapy, p. 383 (and others); Sleep Deprivation pgs. 18–19; Grad student presentation - WL

W, June 19 Resource Management – Ch. 16; Additional coping techniques – Ch. 17

R, June 20 Massage, Ch. 23 – grad student presentation - EB; T'ai Chi Ch'uan, Ch. 24

F, June 21 Expatriate Stress; **BB**

ALL WEEK'S DISCUSSION BOARD ACTIVITIES AND DISCUSSION BOARD ORIGINAL POST ARE DUE BY 11:59 pm.

S, June 23 Section 3, Diary paper, due 11:59 pm.

Week 5

M, June 24 Ecotherapy – 28; Slow food movement – grad student presentation, RH

T, June 25 Humor, Ch. 13

W, June 26 Progressive Muscle Relaxation – Ch. 25

R, June 27 Communication, Conflict skills - Ch.15; Four Agreements - lecture

F, June 28 **ALL WEEK'S DISCUSSION BOARD ACTIVITIES AND DISCUSSION BOARD ORIGINAL POST ARE DUE BY 11:59 pm. QUIZZES COVERING MATERIAL FROM MON. 6/10 – THURSDAY, 6/27 DUE BY 11:59 pm; ALL COMMENTS ON COLLEAGUES' DISCUSSION POSTS DUE.**

Sa, June 29 **FINAL EXAM DUE BY 11:59 pm.**

Su, June 30 **Grad paper due 11:59 pm.**

Submitting work: All work will be submitted via Blackboard either through the assignment feature, or through a Turnitin assignment link, unless specified otherwise.

Technology requirements: At a minimum, you will need the following software/hardware to participate in this course:

- Computer with an updated operating system (e.g. Windows, Mac, Linux)
- Updated Internet browsers (Apple Safari, Google Chrome, Mozilla Firefox)
- DSL or Cable Internet connection or a connection speed no less than 6 Mbps.
- Media player such as, QuickTime or Windows Media Player.
- Adobe Reader or alternative PDF reader (free):
<http://get.adobe.com/reader/?promoid=HRZAC>
- Java plugin (free): <http://java.com/en/download/index.jsp>
- Any other specialized software or basic software (e.g., MS Office, etc.). Students can download MS Office at no charge here: <http://office365.siue.edu>

Technology capabilities: Students in an online course should be able to:

- Use a word processor, such as MS Word, to compose assignments and communicate with others in class
- Attach files to emails or course areas
- Navigate websites and course materials
- Reach out to tech support staff when issues arise and troubleshoot to resolve problems

POLICIES

NOTE REGARDING ALL PAPERS: Papers must include source/s at the end of the paper. As well, you must summarize and cite appropriately WITHIN THE TEXT OF YOUR PAPER, or you will receive plagiarism consequences (see below). As well, PAPERS MUST be submitted to Turnitin available via bb, BEFORE the paper is due. These dates are the last possible dates you are allowed to turn in your work. 20% will be deducted for each late day (counting weekends).

Department of Psychology Writing Policy

As a student in this course, you will be expected to display university-level writing, which includes completing course assignments that meet the following basic writing criteria. Specifically, all written assignments completed for this course should include:

- clear transitions from sentence to sentence and idea to idea (e.g., paper is organized/flows well);
- verb tense consistency;
- clear and unambiguous sentences and ideas;
- writing that is free of typos, spelling errors, and major grammatical errors;
- properly formatted citations and references (if relevant).

This is by no means an exhaustive list of basic writing skills, but will give you an idea of what we are looking for in our papers. If you feel you need help with your writing, you are encouraged to seek assistance from the writing center on campus (<http://www.siu.edu/is/writing>) or utilize one of the many online resources they have identified to help students (<http://www.siu.edu/is/writing/resources.shtml>). If your graded written assignments fail to meet the basic writing requirements listed above (and any others found to be appropriate by your instructor), the instructor will stop the grading process and return the paper to you.

The penalty for unacceptable writing in this class is as follows: **I will return the paper and you will have a chance to re-write it within one week; 50% of the possible grade will be taken off the top, and then it will be graded as per normal policy.**

Accommodation and Support: It is the policy and practice of both me and Southern Illinois University Edwardsville to try to create inclusive learning environments. If there are aspects of the instruction or design of this course that result in barriers to your

inclusion or to accurate assessment of achievement—please notify me as soon as possible. Students needing accommodations because of medical diagnosis or major life impairment will need to register with **Accessible Campus Community & Equitable Student Support (ACCESS)** and complete an intake process. Students who believe they have a diagnosis but do not have documentation should contact ACCESS for assistance and/or appropriate referral. The ACCESS office is located in the Student Success Center, Room 1270. You can also reach the office by e-mail at myaccess@siue.edu or by calling 618.650.3726. For more information on policies, procedures, or necessary forms, please visit the ACCESS website at www.siue.edu/access.

The Psychology Department’s Policy on Plagiarism: Plagiarism includes presenting someone else’s words without quotation marks (even if you cite the source), presenting someone else’s ideas without citing that source, or presenting one’s own previous work as though it were new. When paraphrasing from another source or your own work, at the very least, the student should change the wording, sentence syntax, and order of ideas presented in the paper. Additionally, you should not submit a paper, or parts of a paper, written to fulfill the requirements of one class for the requirements in another class without prior approval of the current instructor and appropriate citation. Ideally, the student will integrate ideas from multiple sources while providing critical commentary on the topic in a way that clearly identifies whether words and ideas are those of the student or are from another source. Plagiarism is one type of academic misconduct described in SIUE's Student Academic Code (<http://www.siue.edu/policies/3c2.shtml>). University policy states that “Normally a student who plagiarizes shall receive a grade of F in the course in which the act occurs. The offense shall also be reported to the Provost.” (<http://www.siue.edu/policies/1i6.shtml>). The University policy discusses additional academic sanctions including suspension and expulsion from the University. To insure that you understand how to avoid plagiarism, we encourage you to review the information on plagiarism provided on the Department of Psychology web page at <http://www.siue.edu/education/psychology/plagiarism.shtml>.

Academic misconduct will be handled in accordance with university policy - (<http://www.siue.edu/POLICIES/3c2.html>) Academic misconduct as described in this policy includes plagiarism, cheating, falsifying or manufacturing scientific data and/or representing manufactured data to be the result of scientific or scholarly experiment or research, and soliciting, aiding, abetting, concealing, or attempting such acts. Academic misconduct may lead to sanctions ranging from a failing grade on an individual assignment to separation from the University.

Department of Psychology Policy on Incomplete Grades and Withdrawal: All withdrawals must be completed by the end of the 3rd week of a five-week course. When students discontinue attending class and do not withdraw from a course they may receive the grade of UW (Unauthorized Withdrawal). The grade of UW will only be given when a student’s grade based on the course requirements is an F. The grade of UW is calculated as an F in a student’s grade average. The granting of a grade of I (Incomplete) is not automatic and is available only in cases when a student has completed most of the work required for a class but is prevented by a medical or similar emergency from completing a

small portion of the work not later than the end of the following semester. An I must be approved by the instructor with appropriate documentation provided by the student. If an instructor agrees to give a student an I, the instructor will fill out a Memorandum of Incomplete Grade to be kept with the student's records. If the work is not completed by the time specified on the Memorandum, the student's grade will be changed from I to F.