

AMBERTON UNIVERSITY
SYLLABUS FOR LECTURE/CLASSROOM COURSE

HBD4759.01 Stress Management
Fall 2023
Location: Garland Center

PROFESSOR INFORMATION:

Name: Dr. Michael Trulson
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Office Hours: By Appointment
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COURSE INFORMATION:

HBD4759.01 Stress Management
Level: Undergraduate
Beginning Date of Session: Saturday, September 9, 2023
Ending Date of Session: Thursday, November 16, 2023
The first class meeting is Saturday, September 16, in Room #17 Garland Center

All Saturday lecture classes begin promptly at 8:30 a.m.

COURSE PREREQUISITES:

None

TEXTBOOK(S) AND REQUIRED MATERIALS:

Title: Stress Management for Life: A Research-Based, Experimental Approach
Author: Michael Olpin & Margie Hesson
Publisher: Cengage Learning
Year Published: 2021
Edition: Edition Number
ISBN: 10: or 13: 9780357363966
Price: Available at <http://amberton.ecampus.com>

Amberton University has an agreement with eCampus.com to provide a full-service online bookstore to students. The Amberton University Virtual Bookstore is accessible through the University's website, www.Amberton.edu. There is also a bookstore link in the Student Portal.

The AU Virtual Bookstore provides an easy to use interface, online buyback of books, and same day shipment of most titles with an average delivery time of 2-3 days depending on the student's location. Textbook options include new, used, rental, and electronic media as available.

Since no books are sold on campus, students should plan accordingly and purchase their books in advance of the first day of class, allowing time for shipping. Be certain you are enrolled in the course before purchasing your book(s). All textbook information (Title, Author, ISBN, etc.) is available in course syllabi so students can shop competitively. Most textbooks can be purchased from many different textbook vendors. Some textbooks may only be available on the University's Virtual Bookstore. Students should be careful to obtain the exact resource(s) required for the course.

APA Requirement

APA (American Psychological Association) style is most commonly used to cite sources within the social sciences. This resource, revised according to the 7th edition, offers examples for the general format of APA research papers, in-text citations, endnotes/footnotes, and the reference page. For more information, please

consult the Publication Manual of the American Psychological Association, (7th ed.). All coursework at Amberton University will comply with the standards contained in the APA Publication Manual.

COURSE COMPETENCIES:

The following represents the course competencies for this class. Competencies are equivalent for all lecture and distance learning courses. Following each competency is the assignment used to gain mastery of this area of study.

The course presents an in-depth study of the sources of stress, the physiological and psychological effects of stress, and the strategies for managing stress. Definitions, symptoms, psychological aberrations, physical disturbances, and stress maintenance are covered.

UPON COMPLETION OF THE COURSE, THE STUDENT WILL BE COMPETENT IN:

1. Listing definitions of stress by noted researchers.
2. Discussing the causes of stress brought about in the modern world of multi-cultures.
3. Describing physiological reactions of the body to stress.
4. Comparing the relationship of personality to stress.
5. Discussing the management of stress-induced drug and alcohol abuse.
6. Listing sources of stress in business organizations.
7. Comparing the actual and psychological costs of stress.
8. Identifying causes and symptoms of burnout.
9. Listing variables involved in overall job satisfaction.
10. Outlining the problems of expressing anger, hostility, frustration, and aggression.
11. Demonstrating the ability to monitor one's physiological reactions to stress and applying stress-reduction techniques.
12. Discussing the relationship between life events and the onset of illnesses.
13. Developing a holistic model of managerial lifestyle that calls for a balance in the following dimensions of life: professional, financial, social, cultural, creative, and personal.
14. Discussing the cognitive appraisal concept as it relates to stress.
15. Describing psychosomatic disorders as manifestations of stress.
16. Discussing sources of stress in the family and the community and the social approaches to stress management.
17. Reviewing the current research on stress in the United States.
18. Determining and reflecting on the overall picture of one's own current stress status.
19. Discussing the unique stresses of the twenty-first century brought about by changes in the American culture.
20. Designing a personal stress prevention plan.

COURSE POLICIES:

1. An exercise submitted after the due date will be assessed a penalty of 10% for each day it is late. Work submitted more than one week after the scheduled due date will NOT be accepted.
2. Exercises may be submitted early, but no more than two Exercises can be submitted in any one week.
3. Only completed exercises may be submitted. Do NOT submit an exercise in parts. Include your name in the email as well as on the first page of the exercise.
4. The last day to submit exercises will be Tuesday, November 14, 2023, during Week 10. Only one exercise will be accepted during Week 10.
5. A grade report will be returned to you in a timely manner after submitting each exercise. If you have not received your grade report within 7 days, contact me by email

Student's Responsibilities

This syllabus contains information, policies, and procedures for a specific course. By enrolling, the student agrees to read, understand, and abide by the policies, rules, regulations, and ethical standards of Amberton University as contained in the current university catalog and schedule of classes.

Attendance Policy:

Regular and punctual class attendance and engagement is expected at Amberton University. In case of an absence, it is the student's responsibility to contact the professor as soon as possible. If a student intends on withdrawing from a course, it is the student's responsibility to follow the university's policy on formally withdrawing from a course. **Ceasing to attend classes does not constitute an official withdrawal.**

Attendance in a lecture course is defined as punctual arrival to, and engagement in, a full lecture session. Attendance in a distance learning course is defined as active participation in the weekly online class sessions. "Active participation" can be defined as: submitting an academic assignment, taking an exam, engaging in an interactive tutorial, participating in an online discussion forum (or chat session), or initiating (or responding to) a communication with a faculty member about an academic assignment or the subject matter of the course. A student not meeting these requirements may be dropped at the discretion of Amberton University.

Plagiarism Policy

Plagiarism is the presentation of someone else's work as though it were your own. If you use another person's words, ideas, or information; or if you use material from an outside source – whether a book, magazine, newspaper, business publication, broadcast, speech, or electronic media – you must acknowledge that source. Plagiarism is a violation of the University's code of student ethical conduct and is one that is taken seriously. Amberton University operates on an honor system; therefore, honesty and integrity are essential characteristics of all who are associated with the institution. All Amberton students are expected to abide by the honor system and maintain academic integrity in all their work. Amberton University and its instructors monitor student work for plagiarism and reserve the right to submit such work to technology-based plagiarism detection services and applications at any time.

Self-plagiarism means reusing work that you have already published or submitted for a class. It can involve:

- Resubmitting an entire paper
- Copying or paraphrasing passages from your previous work

Self-plagiarism misleads your readers by presenting previous work as completely new and original. Students may not submit the same paper in substance in two or more classes without prior written permission of the instructors involved.

Students agree that by taking this course, all required assignments may be subject to submission for a textual similarity review to Turnitin.com for the detection of plagiarism and self-plagiarism. All submitted papers will be included as source documents in the Turnitin.com reference database solely for the purpose of detecting plagiarism in future papers. Use of Turnitin.com service is subject to the Usage Policy posted on the Turnitin.com website.

Turnitin is a writing improvement and plagiarism prevention tool which uses special algorithms, to compare text-based student submissions to the Turnitin database and other online sources. Turnitin produces a detailed **similarity report** that can be customized and viewed by instructors and students.

Turnitin "Draft Coach" is a Google based add-on to Turnitin which supports students in developing high-quality academic writing; and serves as an integrity coach. Draft Coach, helps address errors and improve the quality of student's writing by highlighting grammar mistakes, identifying incorrectly cited sources, and scanning for similarity across several databases. By providing formative feedback on how to address citation issues, incorrect grammar, and matches with the Turnitin database, Draft Coach provides explanations to help students become more confident writers, capable of producing higher quality work both in academics and in the workplace.

COURSE DELIVERY METHODOLOGY:

This course is offered as a Lecture/Classroom course. This course requires that students meet a designated time in the classroom.

Activities that will be used in the classroom include lecture, group discussions, oral reports, & written reports.

COURSE OUTLINE AND CALENDAR:

1. The Nature of Stress and Stressors (Exercise 1).
2. Stress-Related Disorders (Exercise 2).
3. Personality and Stress Management (Exercise 3).
4. Psychological and Physiological Factors in Stress Management (Exercise 4).
5. Social Factors in Stress Management (Exercise 5).
6. Insight Analysis (Exercise 6)

CLASS MEETINGS

1. Saturday, September 16
2. Saturday, September 30
3. Saturday, October 14
4. Saturday, October 28
5. Saturday, November 11

Week	Topic	Assignment	Competencies Covered	Due Date
1	The Nature of Stress and Stressors	Study Ch. 1 & 2; Submit Exercise 1 on the due date	1, 2, 3, 4, 11, 12, & 17	September 19
2	The Nature of Stress and Stressors (continued)	Study Ch. 3 & 4; Submit Exercise 1 on the due date	1, 2, 3, 4, 11, 12, & 17	September 19
3	Stress – Related Disorders and Prevention Strategies	Study Ch. 5, 6, 7, & 8; Submit Exercise 2 on the due date	4, 5, 6, 11, 13, 17, & 18	September 26
4	Values, Personality, Spirituality, Time Management, and Money Matters	Study Ch. 9, 10, 11, & 12; Submit Exercise 3 on due date	3, 5, 7, 8, 9, 10, 11, 17, & 18	October 10
5	Values, Personality, Spirituality, Time Management, and Money Matters (continued)	Study Ch. 13, 14, & 15; Submit Exercise 3 on the due date	3, 5, 7, 8, 9, 10, 11, 17, & 18	October 10
6	Psychological and Physiological Factors in Stress Management	Study Ch. 16 & 17; Submit Exercise 4 on the due date	2, 4, 5, 6, 9, 11, 13, & 17	October 24
7	Social Factors in Stress Management	Study Ch. 18, & 19; Submit Exercise 5 on the due date	3, 5, 7, 9, 10, 11, 14, 16, 17, & 18	November 7
8	Social Factors in Stress Management	Study Ch. 20; Submit Exercise 5	3, 5, 7, 9, 10, 11, 14, 16, 17, & 18	November 7

	(continued)	on the due date		
9	Healthy Lifestyles	Study Ch. 21 & 22; Submit Exercise 6 on the due date	5, 6, 7, 10, 11, 14, 15, 17, 18, 19, & 20	November 14
10	Insight Analysis	Study Ch 23 & 24; Submit Exercise 6 on the due date	5, 6, 7, 10, 11, 14, 15, 17, 18, 19, & 20	November 14

GRADING CRITERIA:

Exercise 1	100 points
Exercise 2	100 points
Exercise 3	100 points
Exercise 4	100 points
Exercise 5	100 points
Exercise 6	100 points

Total	<u>600 points</u>
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Undergraduate

90 – 100	A
80 – 89	B
70 – 79	C
60 – 69	D
Below 60	F

GRADE NOTIFICATION AND INSTRUCTOR FEEDBACK:

Each assignment/exam submitted will be reviewed, graded, and return to the student in a timely manner, along with appropriate commentary.

Final grades are processed approximately one week after the last day of the session and may be located in the My Grades section of the online registration portal as well as being emailed to the student's Amberton University email. Amberton University staff will not release grades over the phone. University instructors will not leave a message with comments or grades in any type of media that is not secure.

For questions regarding grades after the semester has ended, students should use their email account and contact the instructor at the faculty email address as provided above in *Professor Information* area.

Incomplete Grades

An "I" (incomplete grade) is given at the discretion of the professor and may be given only when an emergency or illness prevents the student from completing course requirements. Should an "I" be granted, the student has 30 days from the end of the session to complete the conditions of the incomplete. An "I" which is not properly removed within 30 days following the session enrolled will become an "F" grade.

How to Withdraw From a Course

To be official, the class withdrawal must be in writing and signed by the student requesting the withdrawal; no withdrawal is accepted verbally. Please review the "Schedule of Classes" (online or in-print) for procedures for class changes or withdrawals and the refund policy and schedule.

COURSE COMMUNICATIONS:

This course is offered as a lecture course; however, several technological options are available to faculty and students that can enhance communication both during the session and after the session has ended. The **Student Portal** is the gateway to email, Remote Research, General Tools, and Electronic Instructor Folders (FTP). The Student Portal may be accessed through a link on the University's website, <http://www.Amberton.edu>, or at <http://apps.Amberton.edu>.

After selecting the “Student Portal” link, you will be prompted for a Username and Password. Use your assigned **username and password** (AUID) as described below:

Username = your capitalized firstname **initial**+lastname+last 3 digits of your SSN.

* Use your name exactly as it is listed on the University’s records, including any suffixes or hyphenations, such as Jr, Sr, or II, as a part of your username.

For example: James Jones, Jr. SSN: 123-45-6789
Username: JJonesJr789

Password = your Amberton University ID# (AUID) **including the dashes**

For example: 04-999-999

Once your login has been validated, you may select from a variety of menu options, including online course materials, email access, Remote Research, General Tools, all Syllabi, Research Tutorials and Electronic Instructor Folders (FTP).

Email Communication

Each student enrolled is assigned an Amberton email account, which gives the student access to the Amberton email system (my.Amberton.edu). This email account is provided by Google Apps for Education. Students are encouraged to check their email regularly for University news, notices, and to communicate with instructors.

The student’s assigned email address would be Username@my.Amberton.edu

Example: LJones-Smith789@my.Amberton.edu

The student Username is determined by:

firstname initial+lastname+last 3 digits of student ssn.

For example: Linda Jones-Smith SSN: 123-45-6789
Email Address = LJones-Smith789@my.Amberton.edu

Students will be prompted for a Username and Password when accessing their email account. Use the Username portion of the email address as the username (Example: LJones-Smith789) and your Amberton ID# (including the dashes) as the password.

If you already have a Google gmail account, you might be prompted to add this account to your current settings. Click ‘Yes’ and you will be logged into your my.Amberton.edu email account. It will be a separate email account from your personal gmail account.

If you need assistance with your email account, please visit <https://support.google.com/mail>

(Lecture Faculty utilizing the Moodle system must use the below paragraph, otherwise delete this section entirely.)

The Amberton University Moodle Website

Students enrolled in this course will also be using the Moodle Learning Platform, with access available through the Student Portal or by going to: <http://moodle.Amberton.edu>

For those utilizing Moodle for the first time, the **username and password** for the Moodle Learning Platform will be emailed to the student’s email account prior to the start of the course. For those returning to Moodle who do not remember their username and password, click on the link “*Forgotten your username or*

password" available on the Moodle log in page (<http://moodle.Amberton.edu>). Otherwise use the same username and password as previous session.

Moodle Tutorial:

Upon successful log in and access to the Moodle learning platform, there is a *Student Moodle Tutorials* course available, to learn about the basics of Moodle. Simply click on the link for the *Student Moodle Tutorials* and read through the various learning topics: Navigating; Communicating; Assignments & Exams; Grades; and Student Resources.

COURSE EVALUATION:

Each session, all Amberton students are requested to evaluate their courses. The evaluation process is an important one and provides students with an anonymous and confidential way to give meaningful feedback to the University. Summary information and comments are provided to faculty after the close of the session. Students' identities are not disclosed.

Students will be notified through the Amberton email system of the Course Evaluation procedures. Usually, the evaluations take place in class during week 9 of the session. Please take advantage of this opportunity and participate in the evaluation process.

RESEARCH RESOURCES:

The Library provides access to full-text, and peer reviewed articles, and digital research tools. Students can search Library holdings through the online catalog and databases search engines available on the Library website or browse the physical library space and holdings located at the Garland campus.

Research items not contained in the Amberton Library collection can be located through interlibrary Loan (ILL) or through the TexShare program with the help of the Library staff. Students with questions about available services, resources, or research, may contact the Library via email at Library@amberton.edu.

RESEARCH ACCESS:

Databases can only be accessed by authorized users, and students at Amberton must enter their Amberton ID credentials-same as Moodle login-to gain access when off-campus. Use an Amberton website, such as the University site (Amberton.edu) or the library site (Library.amberton.edu) to find links to databased and digital books. Online resources are available all day, every day.

Library Live Chat Feature

Library staff are available to assist students with research problems or questions during Library hours through a live online chat feature, telephone, email, "How-to" videos, or in person. The library telephone is (972-279-6511 ext. 185. You can email questions to library@amberton.edu or visit the library in person on the Garland campus for assistance.