

AMBERTON UNIVERSITY
e-COURSE SYLLABUS

HBD5759.E1 Stress Management
Fall 2026

PROFESSOR INFORMATION:

Professor: Dr. La'Boris Cole, PhD, LPC, NCC
Amberton Extension: 972-279-6511 ext. 220
Amberton Email: **LCole@amberton.edu**

COURSE INFORMATION:

HBD5759.E1 Stress Management
Level: Graduate
Beginning Date of Session: Saturday, September 12, 2026
Ending Date of Session: Thursday, November 19, 2026

Student access available to the Student Portal: Saturday, September 12, 2026

Students enrolled in distance learning courses are not assessed any additional fees for security or identity verification.

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 Publishing Company
Year Published: 2021
Edition: 5th
ISBN: 13: 0357363965x
Price: Available at <http://amberton.ecampus.com>

Students should verify enrollment in course before purchasing textbooks. Textbook information and ordering options are available through the Amberton Virtual Bookstore. 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.

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:

This Stress Management 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. Activities include listing definitions of stress, describing physiological reactions to stress, and comparing the relationship of personality to stress. Students will also develop a holistic model of managerial lifestyle and identify stress reduction strategies.

CAVEAT: No graduate credit will be awarded if HBD4759 has been successfully completed.

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

1. Listing definitions of stress by noted researchers, including the concepts of eustress and distress.
2. Describing physiological reactions of the body to stress.
3. Comparing the relationship of personality to stress.
4. Discussing the management of stress-induced drug and alcohol abuse.
5. Identifying and categorizing sources of stress in business organizations.
6. Comparing the economical and psychological costs of stress.
7. Identifying causes and symptoms of burnout.
8. Designing a burnout prevention program.
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. Identifying stress reduction strategies including biofeedback, relaxation techniques, and pharmacological methods.
18. Recommending and/or designing a stress management strategy for business.
19. Reviewing the current research on stress in the United States.
20. Discussing the unique stresses of the twenty-first century brought about by changes in the American culture.
21. Analyzing the different causes of stress brought about as a result of multiculturalism.
22. Designing a personal stress management plan.
23. Assessing the use of artificial intelligence (AI) to develop a personal stress management program.

ACQUIRED SKILLS

1. Stress Management
2. Burnout Prevention
3. Cognitive Appraisal
4. Relaxation Techniques

COURSE POLICIES:

- **All assignments will be submitted on the due date that is noted on the syllabus unless otherwise notified. All assignments are to be submitted via Moodle using PDF format unless otherwise notified.** Any assignment submitted after the due date will automatically lose a letter grade. All assignments submitted after the second week will automatically receive a failing grade.
- **Make-Up Exam Policy:**
Make-up exams for the midterm exam will be given by appointment only. Please notify the instructor (via course email AND in person) if you are unable to be present for the midterm exam. Make-up exams for the final exam will **only be given in extreme situations**. Make-up exams for the final exam must be approved by the instructor. Students not taking the final exam will be given a grade of "F" for the course. Upon completion of the exam and all required coursework, a grade will be submitted to the Academic Services Office. .)

STUDENTS' 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. A Student in a lecture course missing more than 20% (two class periods for weekday classes or one class period for Saturday classes) of the class meetings may be assigned a grade of an "F" or withdrawn at the discretion of Amberton University.

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 assigned a grade of an "F" or withdrawn 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.

Amberton University students who use Artificial Intelligence (AI) generated content must adhere to the following policies:

Originality: Students must avoid presenting AI generated content as their own original work. It is essential to acknowledge the involvement of AI in the content creation process in order to maintain academic and ethical standards.

Paraphrasing: When using AI generated content, students must rephrase and/or modify the generated text. Paraphrased AI generated content should also be properly cited.

Acknowledgement: When using AI generated content in any assignment, proper credit must be given to the AI system that generated the content. <https://apastyle.apa.org/blog/how-to-cite-chatgpt>

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 OUTLINE AND CALENDAR:

(This course is offered as an Online course for this semester. Please review Moodle for course assignments and submissions.

Week	Topic	Assignment	Competencies Covered	Due Date
Week 1:	The Nature of Stress & Stressors	Read Ch. 1 & 2	1-21	SEE MOODLE
Week 2:	The Nature of Stress & Stressors	Read Ch. 3 & 4 Stress Self-Assessment & Reflection Paper Due	1-21	SEE MOODLE
Week 3	Stress-Related Disorders and Prevention Strategies	Read Ch. 5, 6, 7, & 8 Cognitive Distortion Journal and Discussion Due	1-21	SEE MOODLE
Week 4	Values, Personality Spirituality, Time Management & Money Matters,	Read Ch. 9, 10, 11, & 12 Case Study Analysis: Personality & Stress Paper Due	1-21	SEE MOODLE
Week 5:	Psychological And Physiological Factors & Stress Management	Read Ch. 16 & 17	1-21	SEE MOODLE
Week 6:	MIDTERM	MIDTERM PROJECT	1-21	SEE MOODLE
Week 7:	Healthy Lifestyles	Read Ch. 15, 20, 21 & 22. Meditation Reflection Paper Due	1-21	SEE MOODLE
Week 8:	Insight Analysis	Read Ch. 23 & 24;	1-21	SEE MOODLE

Week 9:	Wrap-up	Review all Chapters	1-21	SEE MOODLE
Week 10:	FINAL EXAM	FINAL Exam	1-21	SEE MOODLE

GRADING CRITERIA:

Final grades will be based on the midterm and final exams, course forums, and written reports.

Assignments	Points
Assignment #1: Stress Self-Assessment & Reflection Paper	20
Assignment #2: Cognitive Distortion Journal and Discussion	20
Assignment #3: Case Study Analysis: Personality and Stress Paper	20
Assignment #4: Meditation Reflection Paper	10
Midterm Exam: Midterm Project	15
Final Exam: Final Exam	15
Total Possible	100

Graduate

92 – 100	A
82 – 91	B
72 – 81	C
62 – 71	D
Below 62	F

GRADE NOTIFICATION AND INSTRUCTOR FEEDBACK:

Students should review instructor feedback provided through Moodle or Amberton CampusWeb Portal. Final grades are processed approximately one week after the session and may be viewed through the student portal. Grades will not be released by phone or through unsecured channels. 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 university 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 granted only at the professor's discretion for emergencies or illness.

Students have 30 days from the end of the session to complete the course requirements. If the conditions are not met within this 30-day window, the "I" automatically converts to an "F".

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 DELIVERY METHODOLOGY:

This course is delivered through Moodle. Students are expected to have reliable internet access, basic computer skills, the ability to upload/download files, use Amberton email, and submit assignments in the required format. Students needing assistance should use the Amberton SSO support/ticket process.

HOW TO ACCESS YOUR COURSE:**SINGLE SIGN-ON (SSO) INSTRUCTIONS FOR AMBERTON UNIVERSITY:**

Students should access Amberton systems through the Single Sign-On portal at <https://sso.amberton.edu>. After logging in, students can access Moodle, Amberton email, CampusWeb, and other assigned applications. Students who need help accessing SSO should submit a support request through the SSO support option or contact support@amberton.edu.

MOODLE TUTORIAL:

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

COURSE COMMUNICATIONS:

Students will communicate with faculty through the Moodle Learning Platform or the Amberton University email system.

EMAIL COMMUNICATION:

Students are expected to use their Amberton email account and Moodle for course communications. Students must use their official university email account for all university related communication and should check their Amberton emails regularly for course and university notices.

Upon completion of a session, all communication and course specific information is removed from the Moodle system. If a student needs to maintain a record of communications or assignments, the student is strongly encouraged to print out or download these items to a disk for their own records.

FORMAT AND SUBMISSION OF ASSIGNMENTS:

Assignments must be submitted through the appropriate Moodle assignment link unless otherwise directed by the instructor. Students are responsible for submitting files in the format required by the instructor.

INSTRUCTOR/COURSE EVALUATION:

Students will have the opportunity to complete an anonymous course and instructor evaluation near the end of the session. Instructions and dates will be provided through Moodle and/or Amberton email.

RESEARCH RESOURCES:

The Amberton Library provides access to full-text articles, peer-reviewed databases, and research tools, with options like Interlibrary Loan (ILL) and TexShare for items outside its collection. For research assistance, students can connect with library staff during operating hours via email (library@amberton.edu), phone (972-279-6511 ext. 185), "How-to" videos, live online chat, or in person at the Garland campus. The online library is available through Single Sign On (SSO).

MICROSOFT OFFICE 365 EDUCATION:

Amberton University students may access Microsoft 365 Education resources as provided by the university.

GOOGLE WORKSPACE FOR EDUCATION:

Amberton students are assigned a Google Workspace for Education account, including Amberton Gmail, Google Drive, Google Docs, Sheets, and Slides. Students should use their Amberton Google account for course-related work when required.