



**Course Syllabus: Fall 2024
US 397.03E**

Investing In Us: Stress Management, Prevention & Us

Wednesdays 3:30 p.m. – 4:45 p.m.; August 28 – October 16

This is an 8-week course that meets in-person in NHS 160B.

INSTRUCTOR INFORMATION

Instructors of Record: Rachel Aumann, MSW, MPH, Clinical Instructor in Health and Human Performance.

Office Location: NHS 144

Office Hours: Office hours will be conducted in-person or virtually, either by appointment.

Email Address: rachel.aumann@tamuc.edu

Preferred Form of Communication: Email

Communication Response Time: Under normal circumstances, response time will be within 24 hours.

COURSE INFORMATION

Materials: All materials will be provided in-person or in D2L by instructor.

Text: We will use chapters from *Why Zebras Don't Get Ulcers*, Sapolsky, R.M. (1994, 7th ed.) and *Stress Management and Prevention: Applications for Daily Life*, Chen, D.D. (2016, 3rd ed.)

Course Description: This course is for anyone who would like to gain new insights into the sources of their stress and methods for managing their stress. In this course participants will use themselves as a case study, working through various methodologies for stress management and prevention. We will explore psychological and spiritual methods, physical methods, conflict resolution, time management, cognitive restructuring and more. This course is highly experiential with a heavy focus on strategies. We will cover the physiological pathway of stress, stress in a historical context, and how stress impacts us physically and emotionally, however we will be solution-focused through exploration and practice. Consider class time your hour a week of protected “me” time. This course will include at-home work to practice strategies.

Student Learning Outcomes: By the end of this course, the participant will be able to:

1. Understand how stress impacts us physically, emotionally and socially.
2. Identify core values and how those values relate to the management of stress.
3. Describe and practice at least one strategy for stress management and/or prevention.
4. Outline a personal stress management and prevention plan.

COURSE REQUIREMENTS

Instructional Methods/Activities/Assessments

Participation (12.5 % per class): Grades for this course will be based on participation in each class. Expectations include full preparation, attendance, and active engagement in all class activities and with all course materials. To get the most from this course, participants are encouraged to complete advanced preparation and to practice the stress management/prevention methods discussed each week. Advanced preparation will involve 1 hour per week. **Measures Student Learning Outcomes 1, 2, 3, and 4.*

GRADING

Course Grades: The overall grade in the class will be assigned as either S (Satisfactory) = 60% - 100%, or U (Unsatisfactory) = 0% - 59%.

TECHNOLOGY REQUIREMENTS

LMS: All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are the technical requirements.

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

Access and Navigation:

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course-Specific Policies and Procedures

Attendance: Attendance, preparation, and full participation are expected and required in this class. Recommended preparation and practice involves 1 hour per week. Full participation

This syllabus is tentative and subject to change.

includes asking questions, engaging in partner or group activities and individual work during class. No work will be submitted for this course, however participants are encouraged to keep an observational journal of their at-home practice.

Grades of Incomplete: A grade of Incomplete (X) will not be given in this class.

University-Specific Policies and Procedures

Student Conduct:

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>

TAMUC Attendance:

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity:

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)
[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

Students with Disabilities-- ADA Statement:

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services:

Texas A&M University-Commerce
Velma K. Waters Library Rm 162

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Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice:

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement:

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer. Web URL:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

A&M-Commerce Supports Students' Mental Health:

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support



COURSE OUTLINE *(All class assignments are scheduled tentatively at this time. They may be changed, but advance notice will be given in class.)*

| Date | Topic | Class Activities | Recommended Preparation |
|-------------------|--|--|---|
| Week 1 Aug 28 | <p>What IS stress?</p> <p>Historical perspective of stress and survival.</p> <p>General Adaptation Syndrome.</p> <p>Health Impacts of Stress.</p> <p>Management v prevention</p> <p>Stress Inventories.</p> | <p>Participants will engage in dialogue with fellow participants about the nature of stress and how stress shows up in the workplace. Participants will also engage in self-reflection and stress inventories.</p> | <p>Readings/video</p> <p>Review and reflect on stress inventories.</p> <p>Stress journal activity</p> |
| Week 2 Sept 4 | <p>What are core values?</p> <p>Cognitive dissonance and stress.</p> <p>Meaning, opportunities and saying “no”.</p> <p>Expectations and stress.</p> | <p>Participants will engage in dialogue with fellow participants about core values.</p> <p>Participants will engage in the “What I actually say ‘no’ to” activity.</p> | <p>Readings/video</p> <p>Core values assessment (Bring Core Values cards with you to class)</p> |
| Week 3 Sept 11 | <p>Recap of core values.</p> <p>Thoughts, emotions, behaviors and how we can intervene.</p> <p>Cognitive distortions.</p> <p>Finding evidence.</p> <p>Disputing negative thoughts.</p> <p>Cognitive Restructuring & the ABC model.</p> | <p>Participants will engage in discussion about the different types of cognitive distortions that commonly show up for us.</p> <p>Partner activity for finding evidence and disputing evidence activity.</p> <p>Practice with thought journal.</p> | <p>Video</p> <p>Thought journal with finding evidence, naming and challenging cognitive distortions and reframing.</p> <p>Submit reflection # 3</p> |
| Week 4 Sept 18 | <p>Psychological & spiritual methods of stress management and prevention.</p> | <p>Participants will engage in dialogue about various psychological and spiritual methods of stress reduction, best practices, benefits and contraindications.</p> | <p>Video</p> <p>Practice of one psychological or spiritual method for 3 days. Keep observations.</p> |

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| | | Participants will practice one or more psychological stress management strategies. | |
| Week 5 Sept 25 | Physical methods of stress reduction. How is the stress of physical activity different from psychological stress? | Participants will engage in dialogue about various physical methods of stress management and prevention, best practices, benefits and contraindications. Participants will practice one or more physical stress management strategies. | Readings on physical methods. Practice of one physical methods for 3 days. Keep observations. |
| Week 6 Oct 2 | Time management practices and stress. What does time mean to you? | Participants will engage in dialogue about various time management methods of stress management and prevention, best practices, benefits and contraindications. Participants will practice one method of psychological or physical method of stress management. | Time management readings. Practice of one time management method for 3 days. Keep observations. |
| Week 7 Oct 9 | Conflict in relationships and stress Communications styles Boundaries | Participants will engage in dialogue about various conflict management methods of stress management and prevention, best practices, benefits and contraindications. Participants will practice at least one method of conflict management or communication. | Readings Practice one conflict management or communication strategy for 3 days. Keep observations. |
| Week 8 Oct 16 | Putting it all together and making a plan. | TBD | TBD |