



**Course Syllabus: Summer I 2026  
US 397.01W  
Investing In Us: Summer**

**Stress Prevention and Management for US  
Online, asynchronous, self-paced**

**INSTRUCTOR INFORMATION**

**Instructors of Record:** Rachel Aumann, MSW, MPH, Clinical Instructor in HHP

**Office Location:** N/A Remote

**Office Hours:** Office hours will be conducted virtually by appointment.

**Email Address:** [Rachel.aumann@etamu.edu](mailto:Rachel.aumann@etamu.edu) **Drop-in Virtual OH Link:** <https://etamu-edu.zoom.us/my/professora>

**Preferred Form of Communication:** Email

**Communication Response Time:** 24-48 hours

**COURSE INFORMATION**

**Materials:** All materials will be provided in D2L by instructor. **You do not need to purchase any materials for this course.**

**Text:** We will use chapters from *Why Zebras Don't Get Ulcers*, Sapolsky, R.M. (1994, 7<sup>th</sup> ed.) and *Stress Management and Prevention: Applications for Daily Life*, Chen, D.D. (2016, 3<sup>rd</sup> 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 anytime you spend working on this course as your protected "me" time. This course will include at-home work to practice strategies in a "choose-your-own-adventure" type format.

**Student Learning Outcomes:** By the end of this course, the participant will be able to:  
*This syllabus is tentative and subject to change.*

1. Understand how stress impacts us physically, emotionally, behaviorally 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**

Content is broken down across 4 Modules which align with the 4 weeks of the Summer I term. Content will be available at 12:01 am each Monday. Content may include:

Book excerpts  
Online articles (scholarly and otherwise)  
Youtube videos  
Instructor developed videos (with slides)  
Podcasts  
“How-To” Activities

### **GRADING**

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

**Attendance:** Attendance in this online asynchronous course includes “logging in” to D2L regularly and participating in the “Class Introduction” discussion and the 4 discussions posted throughout the term, one for each module (there are 4 modules, each covering 2 weeks).

#### **Participation (25 % per module):**

**Grades** for this course will be based on participation in each of the 4 modules (1 every 2 weeks). Participation includes a post to the Class Introduction Discussion and engagement with (posts/replies) in the Weekly Discussions\*, which will be based on content provided in D2L for the module. These discussions are meant to be reflective in nature and offer an opportunity to learn and share with peers.

To get the most from this course, participants are encouraged to complete the activities presented in the modules and to practice the stress management/prevention methods presented. Participants are also encouraged to complete the “Putting it Together” plan at the end of the term (in Module 4). Participation is estimated at 1-2 hours each week. The more we put into it, the more benefits we may experience. *\*Measures Student Learning Outcomes 1, 2, 3, and 4.*

## TECHNOLOGY REQUIREMENTS

**LMS:** All course sections offered by East Texas A&M University 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](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@etamu.edu](mailto:helpdesk@etamu.edu)

## COURSE AND UNIVERSITY PROCEDURES/POLICIES

### **Course-Specific Policies and Procedures**

See above under “Grading”

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>

#### **ETAMU 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 East Texas A&M University 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:**

East Texas A&M University

Velma K. Waters Library Rm 162

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

Fax (903) 468-8148

Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu)

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

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

**Nondiscrimination Notice:**

East Texas A&M University 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 East Texas A&M University 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 East Texas A&M University 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 East Texas A&M University campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

**East Texas A&M University Supports Students' Mental Health:**

The Counseling Center at East Texas A&M University, 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](http://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



**EVEN NEWER RESOURCE:**

**Fluid Focus App**



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

<b>Module &amp; Date</b>	<b>Topics</b>	<b>Course Activities</b> <b>Bolded Items Are the “Participation” Components</b>	<b>Additional recommended Practice or Resources</b> <b>*More will be added to D2L, as appropriate or by request</b>
Module 1 June 1-14	What IS stress? Historical perspective of stress and survival. General Adaptation Syndrome. Health impacts of stress Management v prevention Stress Inventories What are core values? Cognitive dissonance and stress Meaning, opportunities and saying “no” Expectations and stress Quick mindfulness activities	<b>Class Introduction Post</b>  Stress inventory  Core values v cognitive dissonance activity  What we say “yes” or “no” to (boundaries)  Practice with “saying no”  <b>Discussion # 1</b>	Stress log/journal  “Why Zebras Don’t Get Ulcers”
Module 2 June 15-28	Psychological & spiritual methods of stress management and prevention Physical methods of stress management and prevention Physical and psychological benefits Contraindications and best practices	Pick one or more recommended activities to practice before, during and/or after a holiday gathering/function.  <b>Discussion # 2</b>	Chapters 8 and 9 from textbook (excerpts uploaded to D2L)
Module 3 June 29- July 12	Cognitive Restructuring & the ABC Model Thoughts, emotions, behaviors and how we can intervene. Cognitive distortions Finding evidence Disputing negative thoughts	Thought records Finding evidence/disputing cognitive distortions  <b>Discussion # 3</b>	Chapter 6 from textbook (excerpts uploaded to D2L)

Module 4 June 13-23 <b>SHORT  MODULE</b>	Conflict in relationships and stress Communication styles More on boundaries Time Management Strategies “Putting it together”	Practice one or more of the recommended conflict resolution or time management strategies. <b>Discussion # 4</b> <b>“Putting it together” stress management and prevention plan. (Optional but highly encouraged)</b>	Chapter 12 from textbook (excerpts uploaded to D2L)
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These modules will be presented on every other Monday. If there is more than one major topic for the module, those topics will be presented as sub-modules. For instance, for Module 1, there will be Module 1.1, 1.2, 1.3 and 1.4.

It is recommended that you participate in the class discussions for a number of reasons, namely that we benefit from getting to know more people outside our own departments. This is a great opportunity to do just that. Also, as social beings, typically we enjoy knowing that others are participating in similar activities which then allow us to explore, celebrate or commiserate together. Lastly, when we discuss our experiences, they take on new meaning.