



HHPH 472: 01W: Stress Management & Prevention

COURSE SYLLABUS: Summer II 2026

WEB-BASED

INSTRUCTOR INFORMATION

Instructor: Rachel Aumann, MSW, MPH

Office Hours: By appointment or during virtual drop-in Wednesdays @ 7 pm

Virtual Drop-in Office Hours Link: <https://tamuc.zoom.us/my/professora>

University Email Address: Rachel.aumann@etamu.edu

Preferred Form of Communication: Email

Communication Response Time: 24-48 hours

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: Kottler, J. & Chen, D. (2017). **Stress Management and Prevention**. Belmont, CA. Routledge Publishers. ISBN: 113890628X. This book is provided via first day Inclusive Access.

Software Required: Word, PowerPoint

Course Description

This course includes a study of the nature and psychology of stress with particular emphasis placed on coping strategies and relaxation techniques. Conflict resolution and interpersonal relationships will be discussed. The course will also cover how chronic stress is a pathway to disease and how the social determinants of health interact with stress to create health disparities across populations.

Student Learning Outcomes (Should be measurable; observable; use action verbs)

1. Understand the meaning of stress.
2. List the physiological, emotional, behavioral and social reactions/consequences of stress.
3. Explore the sources of stress across the lifespan.
4. Define General Adaptation Syndrome and describe adaptive and maladaptive coping.
5. Define risk factors and protective factors related to stress.
6. Recognize individual and cultural differences that impact the experience of stress.
7. Describe the link between chronic stress and health inequities.
8. Practice challenging cognitive distortions.
9. Learn strategies for problem solving and time management.

The syllabus/schedule are subject to change.

10. Discover and practice psychological and spiritual relaxation methods.
11. Discover and practice physical methods of stress reduction.
12. Practice conflict resolution to reduce stress related to relationships.
13. Explore behavioral strategies for lasting change.

COURSE REQUIREMENTS

GRADING

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

Graded Item	Points & # of activities	Total Points
Module 0-Syllabus Quiz	1 x 50 points	50 points
Module 0-Introduction Discussion	1 x 50 points	50 points
Module Assignments	5 x 50 points	250 points
Discussions	2 x 50 points	100 points
Mini Exams	2 x 50 points	100 points
Final Project Video	1 x 200 points	200 points
Final Project Write-Up	1 x 100 points	100 points
Final Project Observation Log	1 x 100 points	100 points
Final Project Video Peer Reviews	1 x 50 points	50 points
Total Class Points		1000 points

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ASSESSMENTS

Graded Items:

A. Module 0 Syllabus Quiz (5%)

The syllabus quiz consists of questions pertaining to the “Welcome Video”, syllabus and “Start Here” module content. The syllabus quiz must be completed prior to moving on to Module 1.

B. Module 0 Introduction Discussion (5%)

The introduction discussion is our way of establishing some sense of community in our online course environment. Your initial post must be completed before you can access Module 1. Peer replies will not be due until the work for Module 1 is due.

C. Module Assignments (25%)

There are 5 assignments to complete for this class. Each assignment will require pre-work where you will practice one or more stress management or prevention strategies presented in the module. Pre-planning is part of stress prevention, therefore it is built into this course.

D. Discussions (10%)

There are 2 discussions in this class that will require pre-work. Please plan accordingly. For full credit for a discussion, there should be your original post (30 points) and your 1 peer reply (10 points). Replies should demonstrate understanding of your peer’s post and contain insights or questions to extend the conversation. For the last 10 points, you must reply to 1 of the peer replies your post received.

E. Mini Exams (10%)

There are 2 mini exams in this class to test knowledge on terms and concepts. Both will consist of multiple choice, multi-select, matching, ordering and short answer questions. You will get 2 attempts at each exam and they are timed at 30 minutes.

F. Final Project (Video 20%; Write-up 10%; Observation Log 10%)

The final project consists of a video presentation and an educational write-up. Both are based on your own 10-day self-observation of your practice strategy. You will keep a 10-day observation log which must be turned in with the final project write-up in order to receive credit for the entire project. No observation log=no points for the video or the write-up. Your log is your receipt. See D2L for full instructions on the final project. You will select your topic during the first module of the course to allow enough time for your 10-day observations.

G. Peer Reviews (5%)

After submitting your final project video, you will review 2 of your peer’s videos and complete a peer review worksheet.

Instructional Methods

Material is delivered by PowerPoint slides, lecture video, PDF files (for supplemental content), Youtube videos and linked URLs. It is expected that each student fully reviews the necessary content for each chapter and assignment/activity. Comprehensive instructions for each activity are in D2L. The instructor will also send email reminders and post announcements in D2L related to upcoming activities and assignments.

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Student Responsibilities or Tips for Success in the Course

Late Assignments

Each student is permitted one late assignment per class. Late assignment is limited to 24-hours beyond the original due date. This does NOT include the final project video or the final project write-up or peer review. Exam # 2 is also excluded from this late submission policy. **To “redeem” your late pass, you must email the instructor PRIOR to the original deadline. No exceptions.**

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 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

Zoom Video Conferencing Tool

https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu

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.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

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STUDENT RESPONSIBILITIES FOR COURSE

CWID and Password

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.

Technology-Related Issues

Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a **backup method** to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a ETAMU campus open computer lab, etc.

TECHNOLOGY REQUIREMENTS AND SUPPORT

Minimal Technical Skills Needed

Students will need reliable computer and internet access for this course. Students must be able to effectively use myLeo email, myLeo Online D2L, and Microsoft Office.

Learning Management System (LMS) – D2L

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:

- View the [Learning Management System Requirements Webpage](#).
- Learn more on the [LMS Browser Support Webpage](#).

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found on the [Brightspace Support Webpage](#).

COMMUNICATION AND SUPPORT

Interaction with Instructor Statement

If you have any questions or are having difficulties with the course material, please contact your instructor. Correspondence will always be through university email (your “myLeo” mail) and announcements in myLeo online (D2L). You will not RECEIVE email through D2L, so be sure to check your ETAMU email for communication. **Students are encouraged to check university email daily.**

Please Include the Following in Emails with Instructor:

- Course name and subject in the subject line
- Salutation (Good afternoon, Dr. Jackson)
- Proper email etiquette (no “text” emails – use proper grammar and punctuation)
- Student name and CWID after the body of the email (possibly add to student signature on email)

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance. **I WILL ALWAYS SEND AN EMAIL AND POST AN ANNOUNCEMENT TO D2L** if any changes to instructions or due dates are made for any work in this class.

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 online in the [Student Guidebook](#).

Students should also consult the [Rules of Netiquette Webpage](#) for more information regarding how to interact with students in an online forum.

ETAMU Attendance

For more information about the attendance policy, please view the [Attendance Webpage](#) and the [Class Attendance Policy](#)

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Academic Integrity

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

[Undergraduate Academic Dishonesty University Procedure 13.99.99.R0.03](#)

[Undergraduate Student Academic Dishonesty Form](#)

[Graduate Student Academic Dishonesty University Procedure 13.99.99.R0.10](#)

[Graduate Student Academic Dishonesty Form](#)

Use of Artificial Intelligence

East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources

MY AI POLICY FOR THIS COURSE:

Because this class is heavily based in self-practice, the use of AI to complete any graded coursework is not permitted. All writing that is submitted must be your own writing. Do not use any AI software to format or adjust spelling or grammar. You will NOT be penalized for misspelled words, misplaced punctuation or misuse of grammar. I care about what you have to say. I do not care what AI has to say. Just do not do it. I will assign a ZERO to any work that I suspect to be AI-generated, even in part. You will be given the opportunity to redo the assignment.

If you need help understanding a concept or a term, using AI to help you learn is OKAY.

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

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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 ETAMU 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.

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.

UNIVERSITY SUPPORTS

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@etamu.edu

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

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.

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East Texas A&M Supports Students' Mental Health – Counseling Services

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

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 whenever you need it.



Department and Accrediting Agency Statement: Not applicable

Course Outline/Calendar

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Module #	Dates	Chapters Covered	Graded Assessments	Due Date (All at 11:59 pm)
0 & 1	7/6-7/12	Chapter 1: The Meaning of Stress Chapter 2: The Body's Reactions to Stress Chapter 3: Sources of Stress Across the Lifespan	<ul style="list-style-type: none"> Class Introduction Syllabus Quiz Assignment 1: "Stress Inventories & Core Values" Reflection Final Project Topic Selection 	<p>Module 0 is due Weds 7/8</p> <p>Sunday 7/12</p>
2	7/13-7/19	Chapter 4: Adaptive and Maladaptive Behavior Chapter 5: Individual and Cultural Differences Chapter 6: Challenging Stressful Thinking	<ul style="list-style-type: none"> Assignment 2: "Thought Journal" Reflection (start early, this requires keeping a 3-day journal) Discussion 1: "How Does Culture Impact Your Stress?" 	Sunday 7/19
3	7/20-7/26	Chapter 7: Problem-Solving and Time Management Chapter 8: Psychological and Spiritual Relaxation Methods Chapter 9: Physical Methods for Stress Reduction	<ul style="list-style-type: none"> Assignment 3: "Time Management" Activity Reflection Assignment 4: "Relaxation OR Physical Activity Practice" Video Response <p>Exam # 1</p>	Sunday 7/26
4	7/27-8/2	Chapter 10: Preparing for the Future: College and Occupational Stress Chapter 11: Care of the Self: Nutrition and Other Lifestyle Issues Chapter 12: Stress and Conflict in Relationships	<ul style="list-style-type: none"> Assignment 5: "Conflict in Relationships" Video Response Discussion 2: "Stress v Burnout & Building Resilience" 	Sunday 8/2

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5	8/3-8/6 SHORT WEEK	Chapter 13: Resilience and Stress Chapter 14: Optimal Functioning and Lasting Changes	TUESDAY, 8/4 Items Due: Final Project Video THURSDAY, 8/6 Items Due: Exam # 2 Final Project Write-up Peer Reviews Observation Log
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