SYLLABUS: STRESS MANAGEMENT
SEMESTER: SPRING 2012
Professor: Kristi Peterson, MFHD
Contact Info: phone: 435-862-1544
Email: kristip93@beyondbb.com
Office: Room #111

Office Hours:
Begin/Ending Dates: January 9, 2012 – May 2012
Class Hour: Thursday, 12:00 – 12:50
Class Room: Education and Family Studies Building room #115
Credit Hours: 1.0
Prerequisites: None

Text: Stress Management

Blackboard Vista: All information for the course can be downloaded from Blackboard Vista

Course Description: Stress Management is a course built to help you deal with the stresses of school, life, family, etc. During this course you will be taught how stress affects you physically, mentally, emotionally, and spiritually. You will learn techniques that will help you deal with stress in a healthy manner.

FCS Department Objectives:
Students taking courses in FCS will:
   1. Complete assignments demonstrating professional practices specific to the discipline.
   2. Analyze course concepts and techniques against previously held schema prior to experience in the course.
   3. Show, in writing, your understanding of these concepts and techniques.
   4. Achieve a passing grade on the comprehensive final exam for the course.

Course Objectives:
1. Be able to identify stressors within your personal life.
2. Address the effects of stress.
3. Learn techniques to better deal with stress.
4. Practice techniques and report on the benefits of these techniques.

Attendance
Be in class. Attendance is not graded, but daily activities such as observations and quizzes are graded and cannot be made up.

ACADEMIC INTEGRITY: Failure to comply with academic integrity, honesty, and behavior standards of Dixie College may result in course failure or administrative withdrawal from the class. Don’t be cheating. Inappropriate classroom behavior may also result in an administrative withdrawal. You will be notified of your withdrawal in this way:
   1. A verbal request to comply with behavioral expectations of the class.
   2. On written ‘warning’ letting you know that you have not made the required behavioral change.
   3. Administrative withdrawal.
Assignments
1. Assignments will be given in class and will be completed within the class period.
2. Participation is strongly encouraged during class time.
3. A mid-term exam will be given as well as a comprehensive final.

Grading

<table>
<thead>
<tr>
<th>Component</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid term</td>
<td>50</td>
</tr>
<tr>
<td>Self introduction</td>
<td>15</td>
</tr>
<tr>
<td>Quizzes</td>
<td>variable</td>
</tr>
<tr>
<td>Comprehensive Final Exam</td>
<td>100</td>
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</tbody>
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Student Support Services

Americans with Disabilities Act (ADA) Statement:
Students with medical, psychological, learning or other disabilities desiring reasonable academic adjustment, accommodations, or auxiliary aids to be successful in this class will need to contact the DISABILITY RESOURCE CENTER Coordinator (Baako Wahabu) for eligibility determination. Proper documentation of impairment is required in order to receive services or accommodations. DRC is located at the ground floor of the Financial Aid Office. Visit or call 652-7516 to schedule appointment to discuss the process. DRC Coordinator determines eligibility for and authorizes the provision of services.

5. If you need help with writing papers, you can physically go to the writing lab in the Browning Learning Center, room 105. You can also reach the Online Writing Center by going to http://dsc.dixie.edu/ow/. 

6. Drop in tutoring is available to all registered Dixie State College students. Inquire at http://dsc.dixie.edu/tutoring/index.htm

7. If you need help from a librarian, access this site: Http://library.dixie.edu/

8. Dmail: Important class and college information will be sent to your DMAIL email account. This information includes your DSC bill, financial aid/scholarship notices, notification of dropped classes, reminders of important dates and events, and other information critical to your success in this class and at DSC. All DSC students are automatically assigned a DMAIL email account. If you don't know your user name and password, go to www.dixie.edu and select “DMAIL,” for complete instructions. You will be held responsible for information sent to your DMAIL email, so please check it often.

9. Disruptive Behavior Policy: If your conduct in class affects the learning atmosphere of the class, the instructor reserves the right to drop you from the class. This will happen using the following procedure:

   a. Verbal warning that your behavior is negatively affecting the class
   b. Written warning that you are negatively affecting the class
   c. Removal from the class. The instructor will inform the student in writing of this, along with contact information for a supervisor of the instructor so the student can appeal if desired.
10. Policy for Absences Related to College Functions: For students, such as student athletes, who travel as official representatives of the college, absences due to college functions will not negatively affect the student’s grade. The student is required to provide the instructor with a schedule of days that will be missed, will be required to negotiate any scheduled work ahead of time with the instructor.