COURSE OUTLINE
Originated: Stephen Coates-White, February 2008

DEPARTMENT: Counseling
CURRICULUM: Human Development
COURSE TITLE: Stress Management
COURSE NUMBER: HDC 119
TYPE OF COURSE: Academic Transfer/Elective
COURSE LENGTH: 1 quarter
CREDIT HOURS: Variable 1 to 3
LECTURE HOURS: Variable 11 to 33
LAB HOURS: 0
CLASS SIZE: 25
PREREQUISITES: COMPASS: W=68 & R=81
(or instructor permission)

COURSE DESCRIPTION:
Focus on changing stressful situations and personal responses to them. Includes time management, cognitive restructuring, health and wellness, and relaxation training.

STUDENT LEARNING OUTCOMES ADDRESSED:

1. Communication – Read and listen actively to learn and communicate. Speak and write effectively for personal and academic purposes.
2. Human Relations – Use social interactive skills to work in groups effectively.
3. Critical Thinking and Problem Solving – Think critically in evaluating information, solving problems, and making decisions
HDC 119 Stress Management
February 2008

STUDENT LEARNING OUTCOMES ADDRESSED (cont):

4. Personal Responsibility – Be motivated and able to continue learning and adapt to change. Value one’s own skills, abilities, ideas, and art. Take pride in one’s work. Manage personal health and safety.

5. Information Literacy – Access and evaluate information from a variety of sources and contexts, including technology. Use information to achieve personal, academic, and career goals, as well as to participate in a democratic society.

GENERAL COURSE OBJECTIVES:

At the end of the course students will be able to:

1. Better understand the theory and origins of stress and become more aware of the areas of stress in their life.

2. Develop sound knowledge of mental, physical, emotional, and spiritual factors associated with stress.

3. Understand how stress and emotions interact, including a deeper understanding of anger, fear (anxiety), and depression.

4. Understand the importance of utilizing effective coping skills to resolve stressful perceptions (cognitive restructuring).

5. Integrate relaxation techniques to help control stress and tension.

6. Use written and oral communication skills to effectively communicate personal knowledge of the subject matter.

TOPICAL OUTLINE:

I. The Stress Response and Physical/Biological Components
II. The Psychology of Stress
III. The Stress Emotions
IV. Stress and Personality
V. Stress and Human Spirituality
TOPICAL OUTLINE (cont):

VI. Coping Strategies
   A. Cognitive restructuring
   B. Behavior modification
   C. Journal writing
   D. Humor therapy
   E. Creative problem solving
   F. Communication skills/learning styles
   G. Time management

VII. Relaxation Techniques
   A. Breathing
   B. Meditation
   C. Yoga
   D. Tai Chi
   E. Mental imagery/visualization
   F. Massage therapy
   G. Progressive muscular relaxation
   H. Autogenic training
   I. Clinical biofeedback
   J. Nutrition and stress
   K. Physical exercise

(Coping Strategy and Relaxation Technique topics may vary in content and sequence)

Total Hours Vary
Course Prefix and Number: HDC 119  
Course Title: Stress Management

<table>
<thead>
<tr>
<th>SLO #</th>
<th>Included in Course Objective Number</th>
<th>SSCC Student Learning Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>SLO 1.1</td>
<td>1,4</td>
<td>Communication - Read and listen actively</td>
</tr>
<tr>
<td>SLO 1.2</td>
<td>6</td>
<td>Communication - Speak and write effectively</td>
</tr>
<tr>
<td>SLO 2.1</td>
<td></td>
<td>Computation - Use mathematical operations</td>
</tr>
<tr>
<td>SLO 2.2</td>
<td></td>
<td>Computation - Apply quantitative skills</td>
</tr>
<tr>
<td>SLO 2.3</td>
<td></td>
<td>Computation - Identify, interpret, and utilize higher level mathematical and cognitive skills</td>
</tr>
<tr>
<td>SLO 3.1</td>
<td>4</td>
<td>Human Relations - Use social interactive skills to work in groups effectively</td>
</tr>
<tr>
<td>SLO 3.2</td>
<td></td>
<td>Human Relations - Recognize the diversity of cultural influences and values</td>
</tr>
<tr>
<td>SLO 4.1</td>
<td>1</td>
<td>Critical Thinking and Problem Solving -</td>
</tr>
<tr>
<td>SLO 5.1</td>
<td></td>
<td>Technology - Select and use appropriate technological tools</td>
</tr>
<tr>
<td>SLO 6.1</td>
<td>2,3</td>
<td>Personal Responsibility - Be motivated and able to continue learning and adapt to change</td>
</tr>
<tr>
<td>SLO 6.2</td>
<td>2,6</td>
<td>Personal Responsibility - Value one's own skills, abilities, ideas and art</td>
</tr>
<tr>
<td>SLO 6.3</td>
<td>6</td>
<td>Personal Responsibility - Take pride in one's work</td>
</tr>
<tr>
<td>SLO 6.4</td>
<td>2,3</td>
<td>Personal Responsibility - Manage personal health and safety</td>
</tr>
<tr>
<td>SLO 6.5</td>
<td></td>
<td>Personal Responsibility - Be aware of civic and environmental issues</td>
</tr>
<tr>
<td>SLO 7.1</td>
<td>4,6</td>
<td>Information Literacy - Access and evaluate information</td>
</tr>
<tr>
<td>SLO 7.2</td>
<td>4,5</td>
<td>Information Literacy - Use information to achieve personal, academic, and career goals, as well as to participate in a democratic society</td>
</tr>
</tbody>
</table>

PREPARED BY: Stephen Coates-White  
DATE: July 17, 2008