

UTRGV

COURSE SYLLABUS

Stress Management PSYC 3340, 90L
Summer II 2022
Course is fully asynchronous online

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Office hours by appointment

COURSE DESCRIPTION AND PREREQUISITES

This course is designed to help you gain a science-based approach to understanding and managing or preventing stress. We will cover the important aspects of stress management including topics such as finances, time management, and values. We will base our learning on well-researched information, and you will be provided with opportunities to apply your learning through practical experiences.

You must have earned a D or above in PSYC 2301 to enroll in and get credit for this course. Please notify me immediately if you have not met this requirement.

LEARNING OBJECTIVES FOR CORE CURRICULUM REQUIREMENTS

This course does not satisfy a core curriculum requirement.

GRADING POLICIES

All assignments and exams must be completed by the due dates listed in the course calendar below. Late work will not be accepted. There will be a total of 300 points available for the class. (Note: I reserve the right to adjust the grading distribution based on the class' scores; however, you will never receive a lower grade than that indicated in the table below.)

Grading:	Points
Exams	200
Journal Entries	50
Discussion Assignments	50
Total Points:	300

Grading Scale

A = 90-100% of total points
B = 80-89% of total points
C = 70-79% of total points
D = 60-69% of total points
F = 0-59% of total points

Exams - There will be 2 exams; they can be found in the Exam Room in our course website. They are a combination of 50 multiple choice, true/false question, and/or matching questions. Your exams are not open book. You will need to prepare as you would for an in-class exam- use of your text, lecture notes, google, other people or any other resource will be considered cheating.

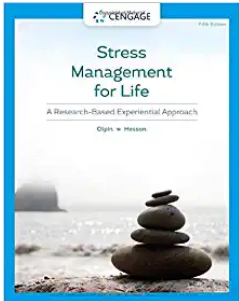
You can only take the exam once. I highly suggest that you take the exam early during the exam period because failure to resolve any technical issues before the end of the exam period is not a valid excuse for a makeup exam.

NOTICE: Your enrollment in this course requires that you use Respondus Lockdown Browser and Respondus Monitor for online assessment proctoring. LockDown Browser is a custom browser that locks down the testing environment within Blackboard and replaces regular browsers such as Chrome, Firefox, and Safari. Respondus Monitor requires you to have a webcam and microphone as it will record you while taking your assessment. **YOUR ACTIVITIES ARE RECORDED WHILE YOU ARE LOGGED INTO OR TAKING YOUR ASSESSMENT(S). THE RECORDINGS SERVE AS A PROCTOR AND WILL BE REVIEWED AND USED IN AN EFFORT TO MAINTAIN ACADEMIC INTEGRITY.** You can find more detailed information on Lockdown Browser and Monitor at UTRGV.edu/online.

Journal Entries – These are private writing assignments (only you and I can view) and are worth 5 points credit each.

Discussion Posts – These are typically longer writing assignments that are worth 10 points each. Discussion posts are visible to the entire class and you can and should read your classmates posts and respond (in a professional and courteous manner).

TEXTBOOK AND/OR RESOURCE MATERIAL



Olpin, M. & Hesson, M. (2021). Stress Management for Life: A Research-Based Experiential Approach, 5th ed, Cengage Learning.

ISBN-10: 0357363965

ISBN-13: 9780357363966

This is not an open education resource. Retail price for a new softcover is \$83.15; softcover rental is \$29.23; ebook rental is \$41.99.

CALENDAR OF ACTIVITIES

(subject to change)

	Deadline (all due dates are at midnight)
Readings and Assignments	
Chapter 1: Stress in Today's World	Monday, July 18
Journal Entry 1: Course goals	
Discussion 1: Introduce Yourself	
Chapter 2: Self-Assessment	Tuesday, July 26
Journal Entry 2: Pinpointing your areas of stress	

Chapter 3: The Science of Stress Friday, July 29

Journal Entry 3: LAB writing activity 3.1

Discussion 2: The Myths of Stress

Chapter 6: Thinking and Choosing Tuesday, August 2

Journal Entry 4: Stinkin Thinkin

Discussion 3: Learning From Mistakes

Chapter 8: Managing Emotions Thursday, August 4

Journal Entry 5: No More Worry Wart

Discussion 4: Overcoming Fear

MIDTERM EXAM – Friday, August 5 – MUST BE COMPLETED BEFORE MIDNIGHT

Chapter 9: The Importance of Values Monday, August 8

Journal Entry 6: Pinpointing Your Values

Chapter 11: Time and Life Management Tuesday, August 9

Journal Entry 7: Your Time and Your Values

Chapter 12: Money Matters Thursday, August 11

Journal Entry 8: Your Money and Your Values

Chapter 17: Take A Breath Friday, August 12

Journal Entry 9: Trying it Out – Breathing Exercises

Chapter 19: Progressive Relaxation Monday, August 15

Journal Entry 10: Trying it Out - PMR

Chapter 21: Meditation Wednesday, August 17

Discussion 5: Putting it All Together

FINAL EXAM – Friday, August 19 - MUST BE COMPLETED BY MIDNIGHT

OTHER COURSE INFORMATION

In this section, please provide any other information that is pertinent to your course and your expectations for students.

UTRGV POLICY STATEMENTS

STUDENTS WITH DISABILITIES:

Students with a documented disability (physical, psychological, learning, or other disability which affects academic performance) who would like to receive academic accommodations should contact Student Accessibility Services (SAS) for additional information. In order for accommodation requests to be considered for approval, the student must apply using the mySAS portal and is responsible for providing sufficient documentation of the disability to SAS. Students are required to participate in an interactive discussion, or an intake appointment, with SAS staff. Accommodations may be requested at any time but are not retroactive, meaning they are valid once approved by SAS. Please contact SAS early in the semester/module for guidance. Students who experience a broken bone, severe injury, or undergo surgery may also be eligible for temporary accommodations.

Pregnancy, Pregnancy-related, and Parenting Accommodations:

Title IX of the Education Amendments of 1972 prohibits sex discrimination, which includes discrimination based on pregnancy, marital status, or parental status. Students seeking accommodations related to pregnancy, pregnancy-related condition, or parenting (reasonably immediate postpartum period) are encouraged to contact Student Accessibility Services for additional information and to request accommodations.

Student Accessibility Services:

Brownsville Campus: Student Accessibility Services is located in 1.107 in the Music and Learning Center building (BMSLC) and can be contacted by phone at (956) 882-7374 or via email at ability@utrgv.edu.

Edinburg Campus: Student Accessibility Services is located in 108 University Center (EUCTR) and can be contacted by phone at (956) 665-7005 or via email at ability@utrgv.edu.

MANDATORY COURSE EVALUATION PERIOD:

Students are required to complete an ONLINE evaluation of this course, accessed through your UTRGV account (<http://my.utrgv.edu>); you will be contacted through email with further instructions. Students who complete their evaluations will have priority access to their grades. Online evaluations will be available in August.

SCHOLASTIC DISHONESTY:

As members of a community dedicated to Honesty, Integrity and Respect, students are reminded that those who engage in scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and expulsion from the University. Scholastic dishonesty includes but is not limited to cheating, plagiarism (including self-plagiarism), and collusion; submission for credit of any work or materials that are attributable in whole or in part to another person; taking an examination for another person; any act designed to give unfair advantage to a student; or the attempt to commit such acts. Since scholastic dishonesty harms the individual, all students and the integrity of the University, policies on scholastic dishonesty will be strictly enforced (Board of Regents Rules and Regulations and UTRGV Academic Integrity Guidelines). All scholastic dishonesty incidents will be reported to Student Rights and Responsibilities.

SEXUAL MISCONDUCT and MANDATORY REPORTING:

In accordance with UT System regulations, your instructor is a "Responsible Employee" for reporting purposes under Title IX regulations and so must report to the Office of Institutional Equity & Diversity (oi@utrgv.edu) any instance, occurring during a student's time in college, of sexual misconduct, which includes sexual assault, stalking, dating violence, domestic violence, and sexual harassment, about which she/he becomes aware during this course through writing, discussion, or personal disclosure. More information can be found at www.utrgv.edu/equity, including confidential resources available on campus. The faculty and staff of UTRGV actively strive to provide a learning, working, and living environment that promotes personal integrity, civility, and mutual respect in an environment free from sexual misconduct, discrimination, and all forms of violence. If students, faculty, or staff would like confidential assistance, or have questions, they can contact OVAVP (Office for Victim Advocacy & Violence Prevention) at (956) 665-8287, (956) 882-8282, or OVAVP@utrgv.edu.

COURSE DROPS:

According to UTRGV policy, students may drop any class without penalty earning a grade of DR until the official drop

date. Following that date, students must be assigned a letter grade and can no longer drop the class. Students considering dropping the class should be aware of the “3-peat rule” and the “6-drop” rule so they can recognize how dropped classes may affect their academic success. The 6-drop rule refers to Texas law that dictates that undergraduate students may not drop more than six courses during their undergraduate career. Courses dropped at other Texas public higher education institutions will count toward the six-course drop limit. The 3-peat rule refers to additional fees charged to students who take the same class for the third time.

STUDENT SERVICES:

Students who demonstrate financial need have a variety of options when it comes to paying for college costs, such as scholarships, grants, loans and work-study. Students should visit the Students Services Center (U Central) for additional information. U Central is located in BMAIN 1.100 (Brownsville) or ESSBL 1.145 (Edinburg) or can be reached by email (ucentral@utrgv.edu) or telephone: (888) 882-4026. In addition to financial aid, U Central can assist students with registration and admissions.

Students seeking academic help in their studies can use university resources in addition to an instructor’s office hours. University Resources include the Advising Center, Career Center, Counseling Center, Learning Center, and Writing Center. The centers provide services such as tutoring, writing help, counseling services, critical thinking, study skills, degree planning, and student employment. In addition, services such as the Food Pantry are also provided. Locations are listed below.

Center Name	Brownsville Campus	Edinburg Campus
Advising Center AcademicAdvising@utrgv.edu	BMAIN 1.400 (956) 665-7120	ESWKH 101 (956) 665-7120
Career Center CareerCenter@utrgv.edu	BCRTZ 129 (956) 882-5627	ESSBL 2.101 (956) 665-2243
Counseling Center Counseling@utrgv.edu Counseling and Related Services List	BSTUN 2.10 (956) 882-3897	EUCTR 109 (956) 665-2574
Food Pantry FoodPantry@utrgv.edu	BCAVL 101 & 102 (956) 882-7126	EUCTR 114 (956) 665-3663
Learning Center LearningCenter@utrgv.edu	BMSLC 2.118 (956) 882-8208	ELCTR 100 (956) 665-2585
Writing Center WC@utrgv.edu	BUBLB 3.206 (956) 882-7065	ESTAC 3.119 (956) 665-2538