

STRESS MANAGEMENT

Fall 2024

Syllabus

Instructor: John H. Sloan, PhD, MBA

Course Number: ALHS 4333.060

Course Credit: 3-hrs

Meeting Days/Times: UT-Tyler CANVAS Online (Mon 9:00 AM-Fri 11:59 PM)

Instructor Contact: All correspondence must be through CANVAS via the Inbox.

Course Catalog Description:

Study of the situations and underlying processes that result in emotional and physiological arousal, including life assessments, behavioral interventions for altering arousal levels. There are no prerequisites for this course.

Textbooks required:

Brian Luke Seaward, (2022). Managing Stress. (10th Edition). Jones and Bartlett.

ISBN: 978-1-284-19999-4

(From any source such as Amazon or the university book store—ACCESS CODE FOR THE TEXT IS NOT REQUIRED). However, most students find this information helpful to their success in the course.

Student Learning Outcomes: (as time constraints allow in addressing all topics during the semester)

Upon completion of this course, the student will be able to:

- Define stress and identify types of stressors.
- Assess and explain the presence and cause of stress reactivity.
- Identify the physiological systems that are affected by stressors and describe the long-term effects and illnesses that can result from stressors.
- Identify personality factors and their role in stress.
- Describe and actively engage in physiological, behavioral, and cognitive interventions throughout the semester.
- Understand stress from a scientific perspective using the theories of stress and apply them to stress reactivity.
- Explain the relationship between exercise, nutrition, and stress.
- Personalize the principles of stress and stress management to one's life.

- Demonstrate the characteristics of an educated person.

Engagement:

A record of course activity and access will be maintained. There will be NO MAKEUPS of quizzes, assignments or major exams. No “extra credit” is available in this course.

Evaluation:

Quizzes: These consist of short, timed questions about the reading material, assignments, and vocabulary. (If you are working from an unstable computer it is your responsibility to locate a stable computer on which to take quizzes when they are posted online)

NO LATE QUIZZES ACCEPTED.

Assignments: These are designed to reinforce learning and/or to give students an opportunity to stay regularly engaged in reading while developing a professional vocabulary. Homework assignments are to be the student’s own work, and due on the assigned due date.

NO LATE ASSIGNMENTS ACCEPTED

Midterm Exam: this exam will be comprised of questions based on material from class activities, readings, internet activities, quizzes and homework assignments completed during the didactic portion of the course. [required]

Final Exam: cumulative over the semester. The final exam is similar in form and question type (objective questions) as the midterm exam. [required] If final exam is not completed by the deadline the student will receive a semester grade based upon accumulated points during the semester.

— Textbook Lectures, Selected Topics & CANVAS: This course was designed around reading assignments in your textbook [primarily] as the “backbone” of its structure. Reading material will often relate to a corresponding CANVAS activity but sometimes it will not. Because topical material other than “textbook” topics may be presented, it is your responsibility to compile your own study notes. Assigned reading material, special topic lecture material and CANVAS provided material which are part of your learning environment. It is important to your success that you be consistently engaged in all aspects of these course components.

The following are the meanings of the various letter grades awarded in this class:

A = Superior

B = Excellent

C = Good

D= Passing but below average

F = Not credit worthy for the course

Semester grade for total point ranges:

A= 310-291

B= 290-271

C= 270-241

D=240-231

F= 230 and below

Possible points:

Quizzes – 55 pts

Student Assignments – 55 pts

Midterm –100 pts

Final Exam – 100 pts

Total Points Possible – 310 pts

Grade Calculations|

1. Assignments and quizzes correspond to module content taken primarily from textbook chapter readings. Combined they constitute a possible 110 points.
2. Midterm exam is worth 100 points.
3. Final exam (covering the entire course) is worth 100 points.

***Notes:**

- Midterm and final exams will be timed objective-type exams (multiple choice, true or false, short answer, and fill in the blank [FIB]). These exams may or may not require administration in a “live” setting which may require an exam proctor.
- Content of the midterm exam will be limited to material covered between the date of the exam and the start of the semester including questions over the syllabus. The final exam will be cumulative covering the entire semester.
- Quizzes and assignments will be administered on a regular basis throughout the course.
- Major exams are adjusted to the top score in the class. For example, if the top score on the midterm is a 95 then that score is adjusted by 5 points to a score of 100. All other students will have their scores adjusted upward by 5 points as well.
- Scores on major exams will NOT be visible in the gradebook until all score adjustments are completed by the instructor.

ACADEMIC CALENDAR:

ENGAGEMENT:

A record of course activity and access will be maintained. There will be NO MAKEUPS of quizzes, assignments or major exams. No “extra credit” is available in this course.

The Announcements area in CANVAS presents a week-by-week reminder of deadlines. You are expected to be diligent and disciplined in checking this schedule frequently throughout the course.

WITHDRAWAL FROM CLASS:

Students may withdraw (drop) from this course using the Withdrawal Portal. Withdrawing (dropping) this course can impact your Financial Aid, Scholarships, Veteran Benefits, Exemptions, Waivers, International Student Status, housing, and degree progress. Please speak with your instructors, consider your options, speak with your advisor, and visit the One-Stop Service Center (STE 230) or email enroll@uttyler.edu to get a complete review of your student account and the possible impacts to withdrawing. We want you to make an informed decision. UT Tyler faculty and staff are here for you and often can provide additional support options or assistance. Make sure to carefully read the implications for withdrawing from a course and the instructions on using the Withdrawal portal.

Texas law prohibits students from dropping more than six courses during their entire undergraduate career*. The six courses dropped include those from other 2-year or 4-year Texas public colleges and universities. Consider the impact withdrawing from this class has on your academic progress and other areas, such as financial implications. We encourage you to consult your advisor(s) and Enrollment Services for additional guidance. CAUTION #1: Withdrawing before census day does not mean you get a full refund. Please see the Tuition and Fee Refund Schedule. CAUTION #2: All international students must check with the Office of International Programs before withdrawing. All international students are required to enroll full-time for fall and spring terms. CAUTION #3: All UT Tyler Athletes must check with the Athletic Academic Coordinator before withdrawing from a course. CAUTION #4: All veterans or military-affiliated students should consult with the Military and Veterans Success Center.

* Students who began college for the first time before 2007 are exempt from this law.

ARTIFICIAL INTELLIGENCE STATEMENT:

UT Tyler is committed to exploring and using artificial intelligence (AI) tools as appropriate for the discipline and task undertaken. We encourage discussing AI tools’ ethical, societal, philosophical, and disciplinary implications. All uses of AI should be acknowledged as this aligns with our commitment to honor and integrity, as noted in UT Tyler’s Honor Code. Faculty and students must not use protected information, data, or copyrighted materials when using any AI tool. Additionally, users should be aware that AI tools rely on predictive models to generate content that may appear correct but is sometimes shown to be incomplete, inaccurate, taken without attribution from other sources, and/or biased. Consequently, an AI tool should not be considered a substitute for traditional approaches to research. You are ultimately responsible for the quality and content of the information you submit. Misusing AI tools that violate the guidelines specified for this course is considered a breach of academic integrity. The student will be subject to disciplinary actions as

outlined in UT Tyler's Academic Integrity Policy. Refer to the About This Course section of the UT Tyler Syllabus Module for specific information on appropriate use of AI in your course(s).

FINAL EXAM POLICY:

Final examinations are administered as scheduled. If unusual circumstances require that special arrangements be made for an individual student or class, the Dean of the appropriate college, after consultation with the faculty member involved, may authorize an exception to the schedule. Faculty members must maintain student final examination papers for a minimum of three months following the examination date.

INCOMPLETE GRADE POLICY:

If a student, because of extenuating circumstances, is unable to complete all of the requirements for a course by the end of the semester, then the instructor may recommend an Incomplete (I) for the course. The "I" may be assigned in place of a grade only when all of the following conditions are met: (a) the student has been making satisfactory progress in the course; (b) the student is unable to complete all coursework or final exam due to unusual circumstances that are beyond personal control and are acceptable to the instructor, and (c) the student presents these reasons before the time that the final grade roster is due. The semester credit hours for an Incomplete will not be used to calculate the grade point average.

The student and the instructor must submit an Incomplete Form detailing the work required and the time by which the work must be completed to their respective department chair or college dean for approval. The time limit established must not exceed one year. Should the student fail to meet all of the work for the course within the time limit, then the instructor may assign zeros to the unfinished work, compute the course average for the student, and assign the appropriate grade. If a grade has yet to be assigned within one year, then the Incomplete will be changed to an F, or NC. If the course was initially taken under the CR/NC grading basis, this may adversely affect the student's academic standing.

GRADE APPEAL POLICY:

Disputes regarding grades must be initiated within sixty (60) days from the date of receiving the final course grade by filing a Grade Appeal Form with the instructor who assigned the grade. A grade appeal should be used when the student thinks the final course grade awarded does not reflect the grades earned on assessments or follow the grading scale as documented in the syllabus. The student should provide the rationale for the grade appeal and attach supporting document about the grades earned. The form should be sent via email to the faculty member who assigned the grade. The faculty member reviews the rationale and supporting documentation and completes the instruction section of the form. The instructor should return the form to the student, even if a grade change is made at this level. If the student is not satisfied with the decision, the student may appeal in writing to the Chairperson of the department from which the grade was issued. In situations where there is an allegation of capricious grading, discrimination, or unlawful actions, appeals may go beyond the Chairperson to the Dean or the Dean's designee of the college from which the grade was issued, with that decision being final. The Grade Appeal form is found in the Registrar's Form Library.

NOTE: The Grade Appeal Form is different from the Application for Appeal form submitted to the Student Appeals Committee, which does not rule on grade disputes as described in this policy.

DISABILITY/ACCESSIBILITY SERVICES:

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA), the University of Texas at Tyler offers accommodations to students with learning, physical, and/or psychological disabilities. If you have a disability, including a non-visible diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler/> and fill out the New Student application. The Student Accessibility and Resources (SAR) office will contact you when your application has been submitted and an appointment with the Assistant Director Student Accessibility and Resources/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <https://www.uttyler.edu/disability-services>, the SAR office located in the Robert Muntz Library, LIB 460, email saroffice@uttyler.edu, or call 903.566.7079."

MILITARY AFFILIATED STUDENTS:

UT Tyler honors the service and sacrifices of our military-affiliated students. If you are a student who is a veteran, on active duty, in the reserves or National Guard, or a military spouse or dependent, please stay in contact with your faculty member if any aspect of your present or prior service or family situation makes it difficult for you to fulfill the requirements of a course or creates disruption in your academic progress. It is important to make your faculty member aware of any complications as far in advance as possible. Your faculty member is willing to work with you and, if needed, put you in contact with university staff who are trained to assist you. The Military and Veterans Success Center (MVSC) has campus resources for military-affiliated students. The MVSC can be reached at MVSC@uttyler.edu or via phone at 903.565.5972.

STUDENTS ON AN F-1 VISA:

To remain in compliance with Federal Regulations requirements you must do the following:

Traditional face-to-face classes: Attend classes on the regular meeting days/times.

Hybrid Classes: Attend all face-to-face classes convened by the instructor according to the schedule set for your specific course.

Online course: Only one online course can count toward your full-time enrollment. Students are expected to be fully engaged and meet all requirements for the online course.

ACADEMIC HONESTY AND ACADEMIC MISCONDUCT:

The UT Tyler community comes together to pledge that "Honor and integrity will not allow me to lie, cheat, or steal, nor to accept the actions of those who do." Therefore, we enforce the Student Conduct and Discipline policy in the Student Manual Of Operating Procedures (Section 8).

FERPA:

UT Tyler follows the Family Educational Rights and Privacy Act (FERPA) as noted in University Policy 5.2.3. The course instructor will follow all requirements to protect your confidential information.

ABSENCE FOR OFFICIAL UNIVERSITY ACTIVITIES AND EVENTS:

This course follows the practices related to Excused Absences for University Events or Activities as noted in the Catalog.

ABSENCE FOR PREGNANT STUDENTS:

This course follows the requirements of Texas Laws SB 412, SB 459, SB 597/HB 1361 to meet the needs of pregnant and parenting students. Part of the supports afforded pregnant students includes excused absences. Faculty who are informed by a student of needing this support should make a referral to the Parenting Student Liaison. NOTE: Students must work with the Parenting Student Liaison in order to receive these supports. Students should reach out to the Parenting Student Liaison at parents@uttyler.edu and also complete the Pregnant and Parenting Self-Reporting Form.

CAMPUS-CARRY:

We respect the right and privacy of students who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at <http://www.uttyler.edu/about/campus-carry/index.php>.

Note: This syllabus is NOT a contract. It is intended to provide GUIDANCE ONLY throughout the course. Cancelled classes for reasons such as professor illness or inclement weather will require this tentative plan to be altered. Dr. Sloan may change this plan depending on student interest or unforeseen events that could alter the learning experience for students.

Course Sequence:

GETTING STARTED	8/26 - 8/30	SYLLABUS	SA-0	Q-0
MODULE 1	9/3 - 9/6	CHAPTER 1 & 2	SA-1	Q-1
MODULE 2	9/9 – 9/13	CHAPTER 3 & 4	SA-2	Q-2
MODULE 3	9/16 – 9/20	CHAPTER 5 & 6	SA-3	Q-3
MODULE 4	9/23 – 9/27	CHAPTER 7 & 8	SA-4	Q-4
MODULE 5	9/30 – 10/4	CHAPTER 9 & 10	SA-5	Q-5
MODULE 6	10/7 – 10/11	CHAPTER 11 & 12	SA-6	Q-6
MIDTERM EXAM	10/14– 10/18	(14 TH TO 17 TH study days)	EXAM on 10/18 9:00 am till 9:00 pm	

MODULE 7	10/21 – 10/25	CHAPTER 13 & 14	SA-7	Q-7
MODULE 8	10/28 – 11/1	CHAPTER 15 & 16	SA-8	Q-8
MODULE 9	11/4 – 11/8	CHAPTER 17 & 19	SA-9	Q-9
MODULE 10	11/11 – 11/15	CHAPTER 21 & 22	SA-10	Q-10
MODULE 11	11/18 – 11/22	CHAPTER 25 & 27	SA-11	Q-11
THANKSGIVING	11/25– 11/29	A heart of GRATITUDE!		
DEAD WEEK	12/2 – 12/6	Study Days-NO ASSIGNMENTS		
FINAL EXAM	12/9	EXAM on 12/9 (9:00 am till 9:00 pm)		

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