

\_\_\_\_\_SOUTH SEATTLE COMMUNITY COLLEGE\_\_\_\_\_

Student Services/Counseling Department

### 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

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#### 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

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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

REVISED BY: Stephen Coates-White  
DATE: February 2008

Course Prefix and Number: HDC 119  
 Course Title: Stress Management

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

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