

PSY271(D): Stress Management

Spring, 2016 <> M W F 11:15 AM – 12:05 PM <> Mahoney 103

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Office: 133 Behavioral Medicine Bldg. (Map on p. 2)

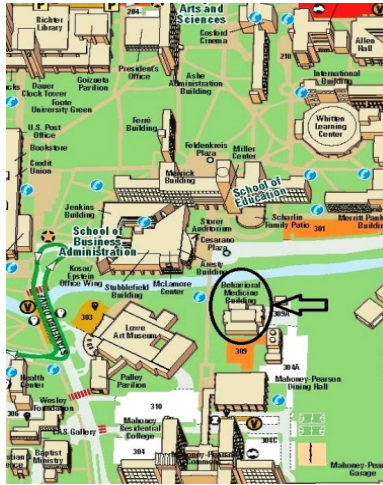
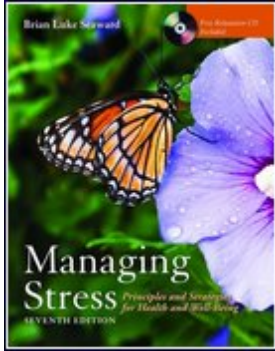
Office Hours: M W F 2:30-4:00

Text: “**MANAGING STRESS: Principles and Strategies for Health and Well-Being**” by Brian Luke Seaward
7th Edition. Textbook only-Workbook optional. Jones and Bartlett Publishers. www.jblearning.com
 ISBN: 978-076-379-8338 e-textbook is also available: www.CourseSmart.com

		TOPIC	CHAPTERS & HANDOUTS
Jan.	11	M (1) Course Introduction: The Nature of Stress	1
	13	W (2) Self-Assessment: Assignment due in class Jan. 20	Handout
	15	F (3) Stress and Health: The Holistic Model	1,2
	18	M Martin Luther King Jr. Holiday (No Class)	
	20	W (4) (1. Self-Assessment due); The Physiology of Stress	1, 2, 3
	22	F (5) Mind-Body Connection: Basics	3, 4
	25	M (6) Mind-Body Connection: The Immune System	3, 4
	27	W (7) (My Stress Management); Diaphragmatic Breathing	18
<i>Jan. 27: Last Day to Drop a Course Without a "W"</i>			
	29	F (8) 20-minute Quiz (10%) (See Study Guide)	
Feb.	1	M (9) Progressive Muscle Relaxation	25
	3	W (10) Sources and Goals	Handout
	5	F (11) Sources and Goals (cont'd)	Handout
	8	M (12) Anger Management	6, Handout
	10	W (13) (2. Evaluation of Techniques #1 due) Review for Exam #1	
	12	F (14) Exam #1 (20%) (Chapters 1, 2, 3, 4, 6, 18, 25, classes, handouts)	
	15	M (15) Personality Factors: Stress Prone / Stress Resistant	7
	17	W (16) (3. Stress Prone / Stress Resistant due)	9
	19	F (17) Cognitive Techniques	9, Handout
	22	M (18) (4. Reframing due); M.T.; Positive Psychology-1	Handout
<i>Feb.22-Mar.7: Midterm Reporting</i>			
	24	W (19) Positive Psychology-2 -- (Gratitude Journal)	Handout
	26	F (20) Imagery	21
	29	M (21) Meditation	19
Mar.	2	W (22) (5. Evaluation of Techniques #2 due); Mindfulness	Handout (Olpin)
	4	F (23) 6. One Nation Under Stress- Video	
Mar. 5 - 13 (Sat.-Sun.) Spring Break - No Class			
	14	M (24) Assertiveness	p. 235-239 in Ch.10
	16	W (25) Review for Exam #2	
	18	F (26) Exam #2 (20%) (Chapters 7, 9, 19, 21, p.235-239, classes, handouts)	
	21	M (27) Emotional Intelligence	Handout
	23	W (28) Happiness – Part 1; www.authentichappiness.com	Handout
<i>Mar. 25: Last Day to Drop a Course</i>			
	25	F (29) Yoga; Tai Chi	20, 24 & Video
	28	M (30) (7. Authentic Happiness due); Styles of Coping: Emotion&Problem-Focused	Handout
	30	W (31) Exercise	p.511-523 in Ch. 28
Apr.	1	F (32) Self-Defeating Behavior: Procrastination	p.329-330 in Ch.16
	4	M (33) Behavior Modification	p.230-235 in Ch. 10
	6	W (34) Social Support / Spirituality	Handout
	8	F (35) Review for Exam #3	
	11	M (36) Exam #3 (20%) (Ch. 11, 20, 24, p.230-235, p.329-330, p.512-523, classes, handouts)	
	13	W (37) (8. Evaluation of Techniques #3 due) Sapolsky Video	Video
	15	F (38) Social Support	Handout
	18	M (39) Happiness – Part 2	Handout
<i>Apr.18: Last Day to Schedule Final Exam</i>			
	20	W (40) Occupational Stress	Handout
	22	F (41) Review for final exam	
Apr. 27 - May 4 Final Exam Days. Our Final Exam (15%): Wednesday, April 27, 2016 (11:00 AM– 1:00 PM)			

Office: 133 Behavioral Medicine Bldg.
 Building doors are locked. Use your cell phone
 to call me when you are at the front door:
 305-284-9076

Seaward, 7th Edition



Please: No phone or
 computer use in class



Goals: (1) Understand the physiology of the Stress Response. (2) Learn stress management methods that can help you relieve stress. (3) Build resilience so minor stressors don't grow into chronic stress (It's a mind-body thing). (4) Make choices that bring balance into your life (You can share your own best tips on how to do this).

Handouts and other supplementary materials will be distributed on Blackboard www.courses.miami.edu. Also check your e-mail for communications.

Honor Code: All students are expected to abide by the University of Miami Student Honor Code: www.miami.edu/dean-student/honor-code. All examinations require the Honor Code pledge.

Attendance: I do not formally take attendance, but I do expect you to attend all classes. There will be information presented in class that is included in exams that is not in the book or handouts. If you have to miss a class, you may ask another student to voice-record the class or you may get the notes from another student.

Examinations: There will be a short (20-minute) Quiz on the material covered during the first 5 days of class. Then there will be three regular classroom exams spaced evenly throughout the semester. The format for these exams is 1/3 from the textbook, 1/3 from lecture, and 1/3 from handouts. To conclude the course, there is a final exam during the final exam period.

Please do not miss any of the examinations or quizzes. Make-up exams, if approved, are within one week from the original date (and somehow always turn out more difficult than the original).

Religious Days: It is the policy of the University that a student may be absent from class for any religious observance of his or her choice. The policy requires the student to declare the specific dates of absence in writing to the instructor within the first three days of class meeting.

Final Exam for this class: Wednesday, April 27, 2016 (11:00 AM– 1:00 PM) 15% of course grade. Three essay questions applying stress management principles to specific situations.

<u>Course Grade:</u>	Quiz on Topics 1–5 (Jan. 29)	10%
	Examinations (3 X 20% each)	60%
	Final exam	15%
	Class activities (8)	15%

Grading:

93 – 100 = A	80 – 82 = B-
90 – 92 = A-	77 – 79 = C+
87 – 89 = B+	70 – 76 = C
83 – 86 = B	

If you score below 70 on any exam please make an appointment to meet with me after class or during office hours.