

Dixie State College Family and Consumer Science Syllabus Fall 2006

COURSE INFORMATION

Course Number:	FCS 2430-01
Course Name:	Balancing Stress
Credit Hours:	1.0
Prerequisites:	None
Dates:	August 24, 2006 - December 7, 2006
Times:	Thursday, 1:00 - 1:50 PM
Location:	EDFAM 114
Text:	None
Supplement:	None

INSTRUCTOR

Name:	Patrick Sapio
Phone:	(435) 688-4123 - Work; (435) 635-7009 - Home
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Office	EDFAM 133

STUDENT SUPPORT SERVICES

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Drop in tutoring is available to all registered Dixie State College students:

<http://dsc.dixie.edu/tutoring/>

Help with writing papers:

Writing Lab in the Browning Learning Center, room 105

Online Writing Lab at <http://dsc.dixie.edu/owl/>

Disability Resource Center:

If you are a student with a physical or mental impairment and would like to request accommodations, please contact the Disability Resource Center (652-7516) in Room 201 of the Student Services Center. The Disability Resource Center will determine your eligibility for services based upon complete professional documentation. If you are deemed eligible, the Disability Resource Center will further evaluate the effectiveness of your accommodation requests and will authorize reasonable accommodations that are appropriate for your disability.

Help from a librarian:

<http://library.dixie.edu/> or visit the library in person during regular hours.

COURSE DESCRIPTION

This course is for all students and community members interested in learning the theory and skills to maximize and to manage our life stressors. In this modern age stress affects all of us in many different areas, social, mental, physical, emotional and spiritual. This class explores the impact of stress on all individuals and their relationships in all of these varied areas and how we cope. The emphasis will be on “the art of turning adversity into adventure”. Students completing this course will be able to distinguish between stressors and stress and to compile an arsenal of stress management coping skills.

COURSE OBJECTIVES

Students successfully completing this course will be able to:

1. Know the difference between stressors and stress.
2. Compile an arsenal of stress management coping skills.

COURSE OUTLINE

- ◆ Class 1 Introduction-expectations-assignments
- ◆ Class 2 Definitions of Stress-stressors
- ◆ Class 3 Nine Dot Puzzle-yin-yang-boundaries
- ◆ Class 4 Mental Toughness Paradigm
- ◆ Class 5 Goals, Relationships &Crisis, Win-win Concept
- ◆ Class 6 Three Aspects of Stress and Three Ways to Deal with Them
- ◆ Class 7 Two Rules of Stress Management-Morning &Evening Rituals
- ◆ Class 8 Negative Coping Skills-why We Buy into Them!
- ◆ Class 9 Positive Coping Skills-six Main Areas
- ◆ Class 10 51 proven Stress Reducers
- ◆ Class 11 83 Ideas for Revitalizing and Energizing Ourselves
- ◆ Class 12 Healthy Self-esteem-7 Daily Cards
- ◆ Class 13 Super Self-control-7 Daily Cards
- ◆ Class 14 Driving Self-motivation-7 Daily Cards
- ◆ Class 15 Twelve Cards to Help with a New Way to Look at Our World
- ◆ Class 16 Review

COLLEGE WITHDRAWAL POLICY

If you must withdraw from this class, for any reason, it is **your responsibility** to do this officially by completing paperwork at the registrar’s office. This must be done before the drop deadline of (*Sept. 27 or Nov. 17*) for complete withdrawal. If you fail to do this, you will still receive a grade in this class, **regardless of whether you attend or not.**

CLASS POLICIES

IMPORTANT!!!! Please Read

Attendance

Class attendance is mandatory.

Disruptive behavior in class may lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher's ability to teach or the learning of other students.

You will be notified of your withdrawal in this way:

1. A verbal request to comply with behavioral expectations of the class.
2. One written "warning" letting you know that you have not made the required behavioral adjustment.
3. Administrative withdrawal.

Academic Integrity

Failure to comply with academic integrity, honesty, and behavior standards may result in course failure or administrative withdrawal from the class. Don't cheat!

ASSIGNMENTS

Students are to hand in a written summary of skill learned in magazine article along with a copy of the article each week.

GRADING

Grades will be based on the following:

1. Class participation is 1/4 of final grade.
2. Final exam is 1/4 of final grade.
3. Weekly articles are 1/2 of final grade.

The final grade will be calculated upon the following percentages:

A 95-100%	B+ 88-90%	C+ 78-80%	D+ 68-70%	F Below 60 %
A- 91-94%	B 84-87%	C 74-77%	D 64-67%	
	B- 81-83%	C- 71-73%	D- 60-63%	

Each student will be told monthly how they are progressing. Final grades will be posted on outside door of EDFAM building 3 days after final exam.

TESTS

Final exam on Tuesday, December 12th, 12:30 - 2:30.