



COMMON COURSE OUTLINE: Course discipline/number/title: PL 1104: Stress Management

A. CATALOG DESCRIPTION

1. **Credits:** 1
2. **Hours/Week:** 15 hours per semester
3. **Prerequisites (Course discipline/number):** None
4. **Co-requisites (Course discipline/number):** None
5. **MnTC Goals (if any):** NA

This course examines the positive and negative ramifications of stressors and practical interventions to manage stress more completely. Course content is designed to challenge students through awareness of the model of stress and use of various strategies healthier coping skills. **RECOMMENDED ENTRY SKILLS/KNOWLEDGE:** College-level writing skills as evidenced by completing one college-level writing course or appropriate RCTC placement test score.

B. DATE LAST REVISED (Month, year): January, 1997

C. OUTLINE OF MAJOR CONTENT AREAS:

1. Stress terminology and the model of stress
2. Stress psychophysiology
3. Stress illness and disease
4. Interpersonal interventions
5. Intrapersonal interventions
6. Meditation
7. Progressive relaxation
8. Decreasing stressful behaviors
9. Occupational stress
10. Stress and college students
11. Stress and sex roles
12. Family stress
13. Developing a personal action plan
14. Exercise

D. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Gain introductory skill development.
2. Identify current stressors.
3. Explain the model of stress.
4. Assess current ability to cope.
5. Identify warning signs of stress.
6. Choose and practice various coping interventions.
7. Develop a comprehensive personal stress management plan.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:

1. Assignments from text
2. Journalizing
3. Group work
4. Classroom activities
5. Worksheets/self w assessments
6. Classroom discussion

G. SPECIAL INFORMATION (if any): None