	Central Christian College of Kansas
Code:	SS-PY 220
Title:	Stress Management
Credits:	3
Prerequisites:	No
Description:	This applied science course introduces students to the history and science of stress studies. The role of stress (negative and positive) will be reviewed with specific emphasis placed on the interaction of physiological, psychological, and spiritual factors.

Course Objectives:

At the conclusion of this course, you will be able to:

- Define and identify stress.
- Define and identify elements of the stress process.
- Implement stress management interventions.
- Demonstrate skills that reduce stress and avoid burn-out.
- Apply biblical principles in dealing with matters related to the management of stress.

Linden, W. (2005). Stress management: From basic science to better practice. (1st ed.). Thousand Oaks, CA: Sage Publications, Inc.

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Topic	Readings	Assignments
Understanding Stress	*Stress Management*	Pre-test Plagiarism Certification

	Chapter 1	Discuss Apply

Topic	Readings	Assignments
The Stress Process & Its Implications	*Stress Management* Chapter 2	Discuss Apply

Topic	Readings	Assignments
Stress Reduction & Management Tools	*Stress Management* Chapter 3	Discuss Apply Collateral

Topic	Readings	Assignments
Psychological Hardiness	*Stress Management* There are no readings from the course text, this week. Additional resources will be found within the "Explore" section.	Discuss Apply

Topic	Readings	Assignments
Stress & Your Body	*Stress Management* There are no readings from the course text, this week. Additional resources will be found within the "Explore" section.	Discuss Apply Collateral

Topic	Readings	Assignments
Consequences & Recommendations	*Stress Management* Chapter 4	Discuss (two topics) Final Paper Post-test

Assessments Number Points Each Total

Assessments	Number	Points Each	Total
Discussion	6	50	300
Application Assignments	5	50	250
Collateral Assignments	2	100	200
Pre-test	1	5	5
Post-test	1	5	5
Final Paper	1	240	240
Total			1000

Students are expected to post in the discussion board a minimum of three separate posts and three separate post dates per discussion thread. The three posts for each thread must include:

- One "initial" post in response to the instructor's question (or stated assignment) no later than Thursday of each course week.
- Two "follow up" post in response to at least one classmate by Sunday of each course week.

The initial response to a discussion question should substantively demonstrate familiarity with the content of the question. The response should be 150-200 words in length. To ensure the discussion is a collective and focused exploration of the topic in the question, the discussion thread should remain focused on the question.

The timing of responses is important since other students are dependent on your postings in order to fully develop the discussion and to post "follow up" discussion entries. Responses should occur in the week the discussion question is posted for reply. Preparation for the response is encouraged to ensure a thoughtful and well-founded contribution to the discussion.

Each learner is expected to both respond initially (by Thursday each week) to the discussion question or assignment instruction posted by the instructor/facilitator each week and make at least two follow-up responses to other learners' postings in the discussion thread by the end of the week (Sunday at 11:59pm). The purpose is to ensure an informed and thoughtful dialogue focused on the topic.

Initial Response (Standard Posting Requirements)

0 Points	1-2 Points	3-4 Points	5 Points
No initial response posted.	Initial response is superficial (less than 100 words), and/or posted after Thursday at 11:59 p.m. CT.	A substantive initial response is posted prior to Thursday at 11:59 p.m. CT that contains 100-149 words.	A substantive initial response is posted prior to Thursday at 11:59 p.m. CT that includes at least 1 reference to course material or another reliable source (150 words or more).

Initial Response (Quality of Content)

0 Points	1-2 Points	3-4 Points	5 Points
Response is irrelevant to the question and does not add to the intent of the discussion.	Response addresses the question, but lacks depth or goes off topic.	Response addresses the question, though greater reflection or development of thought would be helpful.	Response addresses the question, is reflective, and represents a substantive contribution to the discussion.

Follow-Up Posts

0 Points	1-2 Points		3-4 Points	5 Points
No follow-up posts made.	Follow-up posts do not provide sufficient analysis or synthesis of the discussion.		Follow-up posts demonstrate an appreciation for the input of others and add to the discussion.	Follow-up posts elaborate on the comments of others and add to the discussion with further analysis and synthesis.

Mechanics

0 Points	1-2 Points	3-4 Points	5 Points
Posts lack any organization and/or contain multiple errors in spelling or mechanics.	Posts are somewhat organized, but interrupted by significant errors in spelling and mechanics.	Posts could benefit by a bit more organization and attention to mechanical details.	Posts are clear and formatted in a way that is easy to read, free from spelling and mechanical errors.

Frequency of Participation

0 Points	1-2 Points	3-4 Points	5 Points
No participation in discussion.	All posts made on the same day.	Posts made on 2 different days.	Posts made on 3 (or more) different days.

Collateral

There are two (2) collateral assignments in this course—one each in weeks 3 and 5. These are designed to develop information literacy skills through the research and analysis of relevant articles.

Apply

There are 5 application assignments in this course - one each in weeks 1-5. These are designed so you apply the knowledge and skills you learn during the week.

Introduction

Absent	Needs Improvement	Proficient
There is no introduction to the paper. *(0 points)*	There is an introduction, but it does not introduce the topic, its importance, and/or alert readers to the structure of the discussion of your ideas. *(5 points)*	There is an introduction that introduces the topic, its importance, and it alerts readers to the structure of the discussion of your ideas. *(7 points)*

Body (Use of Course Terms and Concepts)

Absent	Needs Improvement	Proficient
No course terms and concepts were used. *(0 points)*	Some of the course terms and concepts were used inappropriately or key terms and concepts were missing from the discussion. *(15 points)*	All of the relevant course terms and concepts were present and used appropriately in the discussion. *(20 points)*

Conclusion

Absent	Needs Improvement	Proficient
There is no conclusion to the paper. *(0 points)*.	There is a conclusion, but it does not synthesize the main ideas of the paper, and/or provides implications for research and/or practice. *(6 points)*	There is a conclusion that synthesizes the main ideas of the paper, and/or provides implications for research and/or practice. *(8 points)*

Writing Mechanics (e.g. Spelling, Grammar, etc.)

Absent	Needs Improvement	Proficient
The paper had severe problems with spelling, grammar, etc. errors. (0 points)	The paper had some spelling, grammar, etc. errors. (3 points).	The paper had very minimal spelling, grammar, etc. errors. (5 points).

Format (e.g., length, font size, margins, in-text citations and reference list in APA style)

Absent	Needs Improvement	Proficient
The paper did not meet the minimum format requirements. (0 points)	The paper met some of the format requirements. (7 points)	The paper met all format requirements. (10 points)

Pre/Post-Tests

There is a pre- and a post-test in this course. The pre-test is scheduled for the first week of classes. The post-test is scheduled for the last week of classes. While the actual score for both the pre- and the post-test do not get configured into your grade, you will earn 5 participation points for the submission of each. The pre- and post-tests should be taken seriously as they provide important feedback on your learning outcomes. This information is used to continuously improve the course.

Final Project

Your final submission for this course will be a stress analysis paper.

Content Requirements

Prepare a 3–5 page paper documenting a specific area of stress and, using the various stress surveys in this course, design a stress reduction paper. Use the following structure to prepare your paper:

- Title page or Cover page
- Introduction: Define stress and its role in life (Positive and Negative)
- Body (part 1): Me and My Stress
- Body (part 2): God, Stress, and Me
- Body (part 3): My Coping Plan
- Conclusion
- Reference Page

Document Type:		MS Word
Paper Size:		8.5 X 11"
Length:		3–5 pages
Margins:		1"
Font:		10–12 pt Times New Roman or a similar font.
Line Spacing:		Double. No extra double space between paragraphs please
Paper Structure		Title Page or Cover Page Abstract Page Introduction Body (this includes your in-text citation from your listed reference) Conculsion References
In-text Citations & Reference List Style		APA-no expections-- all written assignments.
File Naming Convention		LastNameFirstName_FinalPaperProject Example: DoeJohn_FinalPaperProject

Ratings

Criteria	Absent	Needs Improvement	Proficient
Introduction	[There is no introduction to the paper. *(0 points)*	There is an introduction, but it does not introduce the topic, its importance, and/or alert readers to the structure of the discussion of your ideas. *(25 points)*	There is an introduction that introduces the topic, its importance, and it alerts readers to the structure of the discussion of your ideas. *(35 points)*
Body (Use of Course Terms and Concepts)	[No course terms and concepts were used. *(0 points)*	[Some of the course terms and concepts were used inappropriately or key terms and concepts were missing from the discussion. *(65 points)* _____ Student did not address the	All of the relevant course terms and concepts were present and used appropriately in the

		prompt/instructions correctly. *(55 points)]*	discussion. *(90 points)*
Conclusion]	[There is no conclusion to the paper. *(0 points)*	There is a conclusion, but it does not synthesize the main ideas of the paper, and/or provides implications for research and/or practice. *(25 points)*	[There is a conclusion that synthesizes the main ideas of the paper, and/or provides implications for research and/or practice. *(35 points)*
Writing Mechanics (e.g. Spelling, Grammar, etc.)	The paper had 10 or more spelling, grammar, etc. errors. *(0 points)*	The paper had 5-10 spelling, grammar, etc. errors. *(15 points)]*	[The paper had very minimal spelling, grammar, etc. errors. *(20 points)]*
Format (e.g., length, font size, margins, in-text citations and reference list in APA style)	The paper did not meet the minimum format requirements and/or no APA citation. *(0 points)*	The paper met some of the format requirements and/or the student needs to review proper APA citation. **(15 points)** _____ The paper met some of the format requirements and/or no in-text citation was used. **(10 points)**	[The paper met all format requirements and APA requirement. *(20 points)*