A. Course Description

Credits: 4

Lab Hours/ Weeks: Corequisites: None

Lecture Hours/ Week :

MnTC Goals: None

This class focuses on theories of stress management and practical tools for reducing stress. The objectives include helping each student identify personal stressors; becoming familiar with the theories of stress management; applying cognitive and behavioral stress reduction techniques, including progressive relaxation, visual imagery, assertiveness, time management and thought stoppage; and developing a personalized stress-reduction plan. Students are evaluated in part on the basis of their complete individualized stress-reduction plan.

B. Course Effective Dates: 12/14/2010 - Present

C. Outline of Major Content Areas:

See Course Description for major content areas.

D. Learning Outcomes (General)

1. Able to demonstrate an understanding of the bodily systems affected by stress and the skills, techniques, treatments, and practices for preventing and reducing the negative impact of stress.
2. Can demonstrate an awareness of multicultural factors that can affect human stress levels and the strategies for coping.
3. Knows how to assist others in development of a plan for managing stress and enhancing wellness.
4. Understands the mechanisms underlying stress reduction techniques.
5. Understands the theories and principals of stress management and demonstrates application of them to their own life.
6. Understands the theories, concepts, techniques and tools of wellness and can apply them to their own life.

E. Learning Outcomes (MN Transfer Curriculum)

This contains no goal areas.

G. Special Information

Community Engagement