

PSY215 (D): Stress Management

Fall, 2007 <> M W F 11:15 AM–12:05 PM <> LC 182

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Office: 210-11 Merrick Building Office Hours: M 2:30–3:30 W F 2:30-5:00

Text: STRESS MANAGEMENT FOR LIFE by Michael Olpin & Margie Hesson (2007) Thomson/
Wadsworth Publishers. www.wadsworth.com ISBN: 0-534-644-767 or 0-495-113-301

		Topic	Text Chapters
Aug	22	W (1) The Nature of Stress	1, 2, 3
	24	F (2) Self-Assessment	1, 2, 3
	27	M (3) Stress and Health: The Holistic Model	1, 2, 3
	29	W (4) The Physiology of Stress	3, 4
	31	F (5) Mind-Body Connection	4
Sep	3	M LABOR DAY - NO CLASS	
	5	W (6) Diaphragmatic Breathing	17
	7	F (7) Progressive Muscle Relaxation	19
<i>Sep. 7: Last Day to Drop a Course Without a "W"</i>			
	10	M (8) 20-minute Quiz (Topics 1 – 5) / Journal Writing	--
	12	W (9) The Stress Emotions	8
	14	F (10) Fear Management / Anger Management	8
	17	M (11) Review for Exam #1	
	19	W (12) Exam #1 (Chapters 1, 2, 3, 4, 8, 17, 19, classes, handouts)	
	21	F (13) Cognitive Techniques: I	5, 6
	24	M (14) Cognitive Techniques: II	5, 6
	26	W (15) Personality Factors: Stress Prone / Stress-Resistant	--
	28	F (16) Mindfulness / Spiritual Factors / Forgiveness	7, 10
Oct	1	M (17) Imagery / Meditation	20, 21
	3	W (18) Social Support	--
<i>Oct. 3: Academic Alert Grades Due in myUM</i>			
	5	F (19) Communication Skills I: Basic Model	--
	8	M (20) Communication Skills II: Assertiveness	13
	10	W (21) Relationships	13
	12	F (22) Disaster Stress	--
	15	M (23) Yoga / T'ai Chi	22
	17	W (24) Emotion-focused vs. Problem-focused Coping	--
	19	F FALL RECESS - NO CLASS	
	22	M (25) Review for Exam #2	
	24	W (26) Exam #2 (Chapters 5, 6, 7, 10, 13, 20, 21, 22, classes, handouts)	
<i>Oct. 26: Last Day to Drop a Course</i>			
	26	F (27) Time Management	11
	29	M (28) Procrastination	--
	31	W (29) Behavior Modification	--
Nov	2	F (30) Health Issues: Sleep	p.285
	5	M (31) Health Issues: Substance Use	p.287
	7	W (32) Autogenics and Self-hypnosis	18
	9	F (33) Biofeedback	p.400
	12	M (34) Coping Research	--
	14	W (35) Environment	14, 15
	16	F (36) Exercise	14, 15
	19	M (37) Nutrition & Sleep	38, 39
	21	W (38) Occupational Stress	--
	23	F THANKSGIVING HOLIDAY- NO CLASS	
	26	M (39) Complementary and Alternative Health	23 & Video
	28	W (40) Complementary and Alternative Health	23 & Video
	30	F (41) Review for Final Exam	
Dec	1 - 4	Reading Days (NO CLASS)	
Dec	5 - 12	Final Exam Days	
Exam #3: Wed. Dec. 12, 2007 (11:00 am – 12:30 pm, LC160) Chap. 14, 15, 18, 23, 24 classes, handouts)			

Final Exam: Wed. Dec. 12 (11:00 am - 12:30 pm, LC160) Not comprehensive: This test will be on only the material covered since Exam #2 and will be weighted the same as the other exams (25%).

Handouts and other supplementary materials will be distributed on the course website. Go to www.miami.edu and click on the BLACKBOARD link. Also check your e-mail for communications.

Honor Code: All students are expected to abide by the University of Miami Student Honor Code: <http://www.miami.edu/dean-student/honor-code>
All examinations will require the signed 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 not in the book. If you have to miss a class, please 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 two regular classroom exams and a third exam during the final exam period. Please do not miss any of the examinations or quizzes. Make-up exams are within one week from the original date (and somehow always turn out more difficult than the original).

<u>Course Grade</u> :	Examinations (3 X 25% each)	75%
	Topics 1-5 Quiz (Sept. 10)	10%
	Class activities	15%