

**Course Syllabus**  
**HUMA 50 – Understanding & Managing Stress**  
Spring 2018

**Instructor:** Shireen Luna Woo

**Course:** HUMA 50 (4 units).

**Course Advisory:** English Writing 1A, or English as a Second Language 5

**Website (class lecture notes & assignments):** <http://www.deanza.edu/faculty/wooshireen>

**Contact information:** Please call/leave a message at (408) 864-5778 (*preferred over e-mail*)

**E-mail:** [wooshireen@fhda.edu](mailto:wooshireen@fhda.edu) (*include "HUMA 50" in subject line*)

\*Available Monday through Thursday by appointment; Registration & Student Services Bldg (RSS), Second Floor, Rm #217

**Course Description:** The study of stress as the interaction between the individual and the environment, viewed from psychological, sociological, and physiological perspectives. Including gender, physical and psychological disabilities, sexual orientation, multicultural, holistic health and global concerns.

**Suggested Readings:**

-Blonna, Richard. "Coping With Stress in a Changing World." 5<sup>th</sup> ed. McGraw-Hill, 2012

-Girdano, Daniel, George Everly and Dorothy Dusek. "Controlling Stress & Tension." 9<sup>th</sup> ed. Pearson, 2012

**\*Gordon, James S. "Manifesto for a New Medicine: Your guide to healing partnerships and the wise use of alternative therapies." Perseus Books, 1996**

-Greenberg, -Jerrold S. "Comprehensive Stress Management." 13<sup>th</sup> ed. McGraw-Hill, 2012

**\*Kabat-Zinn, Jon, "Full Catastrophe Living: Using the wisdom of your body and mind to face stress, pain, and illness." Bantam Books, 2013**

-Olpin, Michael and Hesson, Margie. "Stress Management for Life." 3<sup>rd</sup> ed. Wadsworth, 2013

-Seaward, Brian Luke. "Managing Stress: Principles and strategies for health and well-being." Bartlett Publishers, Inc., 2012

-Thich, Nhat Hanh. "Taming the Tiger Within." Riverhead Books, 2004

**Student Learning Outcome (SLO):**

1. Distinguish and list the physiological symptoms when under stress and critique its impact on the body.
2. Develop and apply stress management strategies that can be used to reduce the physiological symptoms of stress.

**Student Learning Outcome Assessment:** Application and analysis of various stress management techniques, reflection writing, written midterm and final presentation, will determine how well the students have met the SLO's.

## **Policies**

*Academic Honor Code* – Academic dishonesty, cheating and plagiarism in writing research papers or taking exams is unacceptable in this class. This includes representing another’s work, or part of their work as if it were ones own. Students committing these violations will be reported to the Dean of Student Services, and will FAIL the class.

*Attendance*– The majority of the work will be done IN CLASS, so students are expected to attend class regularly.

**-The total number of absences without a penalty is (2). Also, three partial classes is equal to one absence. (Partial class means arriving after attendance has been taken or missing 20+ minutes of the scheduled class time).**

**-The instructor may drop anyone who has 4 (or more) absences by the 5<sup>th</sup> week of the quarter. This includes excessive tardiness.**

**-Remember it is YOUR RESPONSIBILITY to inform me if you arrive late or need to leave class early, otherwise you will be marked absent.**

*Assignments* – All assignments are to be completed by their assigned due date and submitted via hard copy. You can turn your assignment in late for up to half credit, one week beyond the due date. Unfortunately, re-writes are NOT allowed.

*Class Participation* - Students are required to actively listen, participate in exercises and class discussions. If you refuse to participate, you may be asked to leave class and return the following session. Participation points are earned each day that you participate in class, if you are not here or refuse to participate, you will not receive points.

*Mutual Respect* - students must respect one another and views that differ from their own. This also means not interrupting others, or engaging in disruptive behavior. Engaging in disruptive behavior may result in permanent dismissal from the class.

*Communication Policy* –CELL phones, PDA’s ipods, laptops, earbuds, etc... are **NOT** to be used during class. Please silence all communication devices before entering class. If you need to make a call, please step outside. **If you continue to use your phone or text in class, I will ask you to leave and you will be marked absent on that day.**

*Helpful Resources* - Please keep in mind that this class is NOT a substitute for personal counseling. Although you will learn various stress management techniques to apply to your life, sometimes this is not enough. If you think you need additional support, I recommend the following campus services:

### **PSYCHOLOGICAL SERVICES**

**Building:** Registration & Student Services, Rm 127 (around the corner from Admissions & Records)

**Contact:** **Siew Kuek** [kueksiew@fhda.edu](mailto:kueksiew@fhda.edu)

**Phone:** (408) 864-8868

### **HEALTH SERVICES**

**Building:** Campus Center, Lower Level

**Contact:** **Front Desk** [dahealthclerk@fhda.edu](mailto:dahealthclerk@fhda.edu)

**Phone:** 408.864.8732

### **DISABILITY SUPPORT SERVICES**

**Building:** RSS-141

**Contact:** **Patricia Whelan** [dss@fhda.edu](mailto:dss@fhda.edu)

**Phone:** 408.864.8753