

Spring 2025

Huma 30- Understanding and Managing Stress- (4 units)

Instructor: **Ms. K.D. Le** (Huynh)

Email: huynhkd@deanza.edu (preferred method of communication) I check my email daily from Monday through Friday and usually respond within 48 hours except on weekends.

Class time: All on line in De Anza Canvas

Office: Counseling Center (RSS 212)

Office Hours: M, T, and F via email, phone & Zoom by appointment

What to Expect

This is a reading, an activity driven and online discussions, experiential course in which your participation is essential. You should expect to spend about 12 hours a week which includes readings, studying the resources and homework assignments. Assignments and testing will be done online through Canvas. You are expected to complete work each week according to perspective week in Canvas. When you choose to log in will be up to you, as long as you complete the assignments and discussions on time. Many assignments have a Wednesday, midnight deadline. You will be more successful if you log in on a regular basis (3-5 times a week)

Course Description:

We will discuss what stress is, how stress develops, investigate stress-related disorders, and explore ways of coping/dealing with various life stressors. Activities will include reading and group discussions, on line resources, videos, self-assessment inventories, and individual exercises, and exams.

Required Materials:

Textbook: ***Stress Management For Life, Olpin, Michael and Hesson, Margie, Wadsworth, Cengage Learning, 2013.*** (Third Edition). You will need to search on line or other sources to buy

the 3rd edition inexpensively. You may also choose to buy or rent the 4th edition Ebook (Redshelf Version) ISBN 9781305445970 ranges from \$49-86 depending on whether you purchase it or rent it, and for how long you rent it. There are also 9 copies of the 3rd edition textbook on Reserved in our Library for you to check out 3 days at a time to do your reading for our class. You don't have to purchase the textbook for the class if you can work with that.

Our text book ISBN:[1111987254](https://www.amazon.com/dp/1111987254)

ICC's: Communication and Expression, Critical Thinking, Physical/ Mental Wellness and Personal Responsibility.

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:

Questions from the 3 objective exams will determine how well you have met the Student Learning Outcome for this course as they relate to the 4 topic areas listed below.

- 1. Physiological symptoms of Stress**
- 2. Impact of Stress symptoms on the body**
- 3. Stress Management strategies to reduce stress**
- 4. Relaxation techniques to reduce stress**

Grading:

Final Grade	Total Points Achieved
A+	361 and above
A	350-359
A-	340-349
B+	330-339

B	320-329
B-	305-319
C+	290-304
C	280-289
D+	265-279
D	250-264
D-	235-249
F	234 and below

Final Grade is based on the total number of points from all four assignments. All four assignments must be completed in order to pass this course. (*Assignment 2, 3,4 and 5 counted as 3 assignments total with the lowest point assignment disregarded)

Assignment #1: Complete 16 Individual and group Assignments **(100 points): 5 -10 points for each assignment**

***Assignment #2:** Objective Exam 1 (Stress, Self-Assessment, Science of Stress, Mind & Body Connection, Perception, Thoughts & Choices) **(100 points)**

***Assignment #3:** Objective Exam 2 (Mindfulness, Emotions, Values, Spirituality, Time & Money Management, Guided Imagery) **(100 points)**

***Assignment #4:** Objective Exam 3 (Social Support, Relationships, Communication, Healing Environment, Healthy Life Styles, Meditation, Yoga, and other Stress reduction strategies) **(100 points)**

Assignment #5 (optional): Write a final five-page essay that identify the 5 top stressors in your life, rank them (1-10), identify them as acute, chronic, or daily hassle, and identify 1-3 new stress reduction strategies and relaxation techniques for each stressor. **(100 points)**

** One exam with the lowest score out of the 3 can be disregarded and replaced with the 5 page essay. However, questions on that exam listed under assessment to measure student learning outcome will still be considered for the purpose of course assessment.*

3 Objective Exams=300 points

1 Final Paper (only if you decided to drop 1 exam otherwise you do not need to write this final paper) =100 points

Active online & in class participation, attendance, homework assignments =100 points

Total points 400

points

Grading rubric for the on line Discussion Forums

You should plan to check in to the Discussion Forums to post and respond to new postings several times a week.

	Unsatisfactory	Full credit
Quality of postings	Postings are not relevant to the question assignments.	Postings reflect the readings and discussion/lecture topic focus. Use of critical thinking/real world application is evident.
Quantity of postings	Responds to the question posted and one of the following: <ul style="list-style-type: none">• neglects to respond to any postings OR• dominates the thread with excessive postings	Responds to at least 2 other peers/participants.
Timeliness of posts	Posts meet the other criteria but are posted at the end of the	Responses occur early enough in the week to allow others to provide

week when class discussions feedback and contribute to the
have moved on to other topics. discussion in a timely manner.

Attendance (participation):

To benefit fully from the course, doing your readings and review of resources, completing assignments, and participation in discussion are important. Please read the [extra credits](#) section for extra credits. DO NOT SIMPLY STOP ATTENDING CLASS!!! You must drop yourself if you plan on stopping this course. Dropping and adding is the student's responsibility. If you need special accommodation for the course, please visit our [Learning Disabilities Support Services \(Links to an external site.\)](#).

Note: De Anza College honors [academic integrity \(Links to an external site.\)](#) and encourages respect in creating a healthy, safe, and supportive learning environment for all students. Any students disrupting this class or caught cheating in class will receive an F for the course and will be dismissed from class. Administrative follow-up may result.