SDS 3482: Stress and Anxiety Management

**Course Instructor:** Christina McGrath Fair, LMHC  
cmcgrathfair@ufl.edu

**Teaching Assistant:**  
Cayley Balser cbalser@ufl.edu  
Audrey Colandreo acolandreo@ufl.edu

**Office:** Norman Hall 1313C

**Office Hours:** Th 9:00 – 10:30 am

**Section:** 2082

**Class Location:** Norman 250  
**Class Time:** Thursday 1:55 – 4:55 pm

**Canvas website:** http://lss.at.ufl.edu

**Class Time:** Thursday 1:55 – 4:55 pm

**3.0 Credit hours**

**Catalog description:** Overview of theories and methods of stress and anxiety control and reduction.

**Course goals:**

<table>
<thead>
<tr>
<th>By the end of the course, students will be able to:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Interpret the nature and causes of stress.</td>
<td>1</td>
</tr>
<tr>
<td>Differentiate individual responses to stress.</td>
<td>2</td>
</tr>
<tr>
<td>Learn and use a wide range of techniques for managing stress.</td>
<td>3</td>
</tr>
<tr>
<td>Generate personal growth and self-awareness</td>
<td>4</td>
</tr>
</tbody>
</table>

**What I hope you can learn from this course:**

- What stress is—emotionally and physiologically—and how it affects your health, as well as others.
- How you evaluate your current level of stress and develop an understanding of your personal triggers and stressors.
- Apply what you learn to your own life by using the tools and activities in this course to become an active participant in managing your own stress.

**Textbook:** *Required: Comprehensive Stress Management, Greenberg, 13th edition, (2013), ISBN: 0073529729 ** This text is referred to as CSM in syllabus*
**You will be expected to bring this textbook to every class meeting.**


**Policies and Resources:**

1. *Attendance and Participation:* Attendance and participation are **equal requirements** for this course. Due to the participatory nature of this course, students will earn points if they attend **AND** participate in class discussions and classwork. Each class students will be able to earn up to 15 points each class session for a total of 210 points for the semester. **No** points can be earned if student is absent, no exceptions. You must have your textbook with you every class meeting and laptop/tablet if you have one. There will be several short homework assignments required for classroom activities. Turning these in will earn you attendance and participation points as well. If you are caught signing someone else in or having someone sign you in, you will be subject to the Honor Code policy below.

2. *Handing in Assignments:* All assignments are to be turned in electronically via CANVAS on the specified due date and time. Emailed assignments will **not** be accepted without prior approval from the instructor.

3. *Late or Make-up Assignments:* Time management is crucial to your academic success. So be prepared to create a schedule that works for you and stick to it. **Please note that NO late work will be accepted.** However, I am human and understand that life happens. Should you find yourself not able to meet a deadline please contact me **prior** to the deadline so that we can discuss a resolution.

4. *Make-Up Quizzes:* There are **NO** make-up Quizzes in this course. Quizzes will be available to students weekly through the CANVAS website. There will be no time limit to complete the quizzes, however you will only be given one attempt. The correct answers to the quizzes will be posted the following day after they are due.

5. *Respectful Electronic Use/ Common Courtesy:* Cell phones and other electronic devices must be turned off (vibrate is not silent) and out of sight (turned over on the desk in not out of sight) during class. The instructor finds it incredibly disrespectful to be sending or receiving texts or calls during class. **Please have all cell phones out of site and off your desks during the class period.** Students who make or receive calls or texts during class will be asked to leave and lose attendance/participation credit for that day. If you are expecting any emergency contact during class hours, please communicate with the instructor prior to the start of class. You may take notes on a laptop, iPad, or tablet,
although the instructor reserves the right to ask you to turn off the computer. If students do choose to take notes on an electronic device, the instructor may request the students sit in the first two rows of the classroom.

6. **Honor Code**: All work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” Students should be sure that they understand the UF Student Honor Code at [http://www.dso.ufl.edu/students.php](http://www.dso.ufl.edu/students.php). The University specifically prohibits cheating, plagiarism, misrepresentation, bribery, conspiracy, and fabrication. For more information about the definition of these terms and other aspects of the Honesty Guidelines, see [http://www.chem.ufl.edu/~itl/honor.html](http://www.chem.ufl.edu/~itl/honor.html). Any student demonstrated to have cheated, plagiarized, or otherwise violated the Honor Code in ANY ASSIGNMENT for this course WILL fail. In addition, violations of the Academic Honesty Guidelines shall result in judicial action and the sanctions listed in paragraph XI of the Student Conduct Code. Academic honesty and integrity are fundamental values of the University community.

7. **Accommodations for Disabilities**: Students requesting accommodation for disabilities must first register with the Dean of Students Office ([http://www.dso.ufl.edu/drc](http://www.dso.ufl.edu/drc)). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

   a. The Dean of Students Office, 202 Peabody Hall, 352-392-1261
   b. Disability Resource Center, 0020 Reid Hall, 352-392-8565

8. **Counseling Resources**: There is a wide range of counseling resources available to students, provided on campus.

   a. Counseling and Wellness Center, 3190 Radio Road, 352-392-1575
   b. Student Mental Health, Student Health Care Center, 352-392-1171
   c. Sexual Assault Recovery Services, Student Health Care Center, 352-392-1161
   d. Career Resources Center, Reitz Union, 352-392-1601
   e. Tutoring Center, Teaching Center, 352-392-2010

9. **Software Use**: All faculty, staff, and students of the University of Florida are required and expected to obey the laws and legal agreements regarding software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against University policies and rules, disciplinary action will also be taken as seen appropriate.
**Course Requirements:** The content of the course has been broken into modules. Most tasks within the modules will be worth 10-20 points each. Here’s an overview, but the content of each module will be discussed in more detail below.

Module 1: Chapters 1, 2, & 3 (115 points)
Module 2: Chapters 4, 15, 16, & 17 (155 points)
Module 3: Chapters 5, 6, & 8 (95 points)
Module 4: Chapters 7, 9, 13, & 14 (155 points)
Module 5: Chapters 10, 11, & 12 (120 points)

**Stress Portfolio:** While there will not be a final examination in this course, you will be responsible for putting together a Stress Portfolio as your final project. This will involve you making **ONE PDF document** that contains several of your assignments and reflections, along with a final reflection of the course. This portfolio will be labeled and put together in organized fashion. Further details can be found in the Resources and at the end of the syllabus.

Due date: **anytime between April 24th - 27th** (125 points)

**Extra Credit:** Throughout the semester, there MAY be opportunities for extra credit. These opportunities will be posted in the ANNOUNCEMENTS section and discussed in class.

**Grade Breakdown:** Please note grades are based on points not percentages. Additionally, I do not use minus grades. See the grade distribution below:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>688-765</td>
<td>90% or above</td>
</tr>
<tr>
<td>B+</td>
<td>650-687</td>
<td>85-90%</td>
</tr>
<tr>
<td>B</td>
<td>612-649</td>
<td>80-85%</td>
</tr>
<tr>
<td>C+</td>
<td>573-611</td>
<td>75-80%</td>
</tr>
<tr>
<td>C</td>
<td>535-572</td>
<td>70-75%</td>
</tr>
<tr>
<td>D+</td>
<td>497-534</td>
<td>65-70%</td>
</tr>
<tr>
<td>D</td>
<td>459-496</td>
<td>60-65%</td>
</tr>
<tr>
<td>F</td>
<td>458 points or below</td>
<td>Below 60%</td>
</tr>
</tbody>
</table>
Technology Requirements:

✓ You are expected to have the equipment at your home or be able to travel to the UF campus to connect to a computer with stable internet service, such as Wifi. (Note: You are responsible for technical problems that arise with your equipment.)

✓ Technical problems on your end must be documented and communicated to the instructor immediately in order to receive extensions on the assignments. For the possibility of technical problems, please make it a practice to save all your messages and assignments submitted for the course.

✓ If you have any technical questions not answered, please send an email to help@coe.ufl.edu and the College of Education Helpdesk will get back to you. Their hours are Monday - Friday 8am - 5pm. If you need immediate assistance outside of the hours listed above, you can contact the UF Computing Helpdesk. Please email me directly to let me know that a problem has arisen and provide me with the tracking number.

**This syllabus represents my current plans and objectives. As we go through the semester, those plans may need to change to enhance the class learning opportunity. However, such changes will be clearly communicated to all students through online announcements on Canvas as well as in class.**
Course Structure

Task descriptions:

**Chapter Quiz:** Each week, you will have a 10 point quiz on the content for the chapter(s) assigned that particular week.

**Assignments:** For most chapters, you will have an assignment or a lab assessment from your textbook. Since there are typically not right or wrong answers, it would be in your best interest to be as authentic as possible in answering the questions or responding to reflections. The intent of these is to allow you to assess and then reflect upon how stress and anxiety impact you and those around you. Previous semester examples are available on the CANVAS site in the Files section for a number of assignments.

### Module 1: Scientific Foundations  
**January 4 – January 25**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Topics</th>
<th>Readings</th>
<th>Assignments Due on CANVAS</th>
</tr>
</thead>
</table>
| Week 1: Thursday 1/5 | Class Introduction  
Syllabus/ Requirements  
What is Stress? | **CSM:** Chapter 1 | Quiz: Syllabus (10)  
Due 1/12 at 11:29 PM |
| Week 2: Thursday 1/12 | Stress  
Psychophysiology | **CSM:** Chapter 2 | Quiz: Chapter 2 (10)  
Assignments:  
Wellness Wheel (20)  
Due 1/19 at 11:59 PM |
| Week 3: Thursday 1/19 | Stress and Illness/ Disease | **CSM:** Chapter 3 | Quiz: Chapter 3 (10)  
Assignments:  
Res. Guide Assgn. (20)  
Due 1/26 at 11:59 PM  
| The Brain and the Mind | Optional  
MCG Part 1 | Attendance/Participation: (45) |

### Module 2: Specific Applications  
**January 26 – February 15**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Topics</th>
<th>Readings</th>
<th>Assignments Due on CANVAS</th>
</tr>
</thead>
</table>
| Week 4: Thursday 1/26 | Stress and the College Student | **CSM:** Chapter 4 | Quiz: Chapter 4 (10)  
Assignments:  
Creat. Mot. Assgn. (20)  
Due 2/2 at 11:59 PM |
| Week 5: Thursday 2/2 | Diversity and Stress  
• Movie- Crash | **CSM:** Chapter 15 | Quiz: Chapter 15 (10)  
Assignments:  
L.A.s 15.2 & 15.3 (20)  
Due 2/9 at 11:59 PM |
| Week 6: | Occupational Stress | **CSM:** Chapter 16 | Quiz: Chapter 16 & 17 (10) |
Thursday 2/9  Family Stress  & 17  Assignments:  
Ask the Expert Assgn. (20)  
We are Family Assgn. (20)  
Due 2/16 at 11:59 PM  

Tribe  Optional  MCG Part 9  Attendance/Participation:  
(45)  

### Module 3: Life-Situation & Perception Interventions  
Feb 16 – Mar 15  

<table>
<thead>
<tr>
<th>Dates</th>
<th>Topics</th>
<th>Readings</th>
<th>Assignments Due on CANVAS</th>
</tr>
</thead>
</table>
| Week 7: Thursday 2/16 | Intervention                                     | CSM: Chapter 5 | Quiz: Chapter 5 (10)  
Due 2/23 at 11:59 PM  |
| Week 8: Thursday 2/23 | Life Situation Interventions: Intrapersonal      | CSM: Chapter 6 | Quiz: Chapter 6 (10)  
Assignments*  
Due 3/2 at 11:59 PM  |
| Week 9: Thursday 3/2 | Perception Interventions                         | CSM: Chapter 8 | Quiz: Chapter 8 (10)  
Assignments:*  
Percpt. of Nat. Assgn. (20)  
Due 3/16 at 11:59 PM  |
|                | Attention Training Gratitude                     | Optional  
MCG Part 2 & 4 | Attendance/Participation:  
(45)  
Extra Credit:  
*Mindful Eating (+5)* 3/2  
*Gratitude (+10)* 3/16  |

**SPRING BREAK 3/4 - 3/12**

### Module 4: Physiological Arousal & Behavior Change Interventions  
March 16 – April 5  

<table>
<thead>
<tr>
<th>Dates</th>
<th>Topics</th>
<th>Readings</th>
<th>Assignments Due on CANVAS</th>
</tr>
</thead>
</table>
| Week 10: Thursday 3/16 | Life Situation Intervention: Interpersonal      | CSM: Chapter 7 | Quiz: Chapter 7 (10)  
Assignments:*  
True Colors? (20)  
Due 3/23 at 11:59 PM  |
| Week 11: Thursday 3/23 | Spirituality and Stress Physiological Arousal   | CSM: Chapter 9 & 13 | Quiz: Chapter 9 & 13 (10)  
Assignments:  
Phys. Act. Pyramid (20)  
Spirituality Timeline (20)  
Due 3/30 at 11:59 PM  |
| Week 12: Thursday 3/30 | Strategies for Decreasing Stressful Behavior Change | CSM: Chapter 14 | Quiz: Chapter 14 (10)  
Assignments:*  
What Works for You? (20)  |
<table>
<thead>
<tr>
<th>Interventions</th>
<th>Due 4/6 at 11:59 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Compassion, Acceptance, Higher Meaning, Forgiveness</td>
<td>Optional MCG Parts 5-8</td>
</tr>
<tr>
<td>Attendance/Participation: (45)</td>
<td>Extra Credit: <em>Behavior Plan (+5)</em> 4/6</td>
</tr>
</tbody>
</table>

**Module 5: Relaxation Techniques**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Topics</th>
<th>Readings</th>
<th>Assignments Due on CANVAS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 13:</strong> Thursday 4/6</td>
<td>Meditation</td>
<td>CSM: Chapter 10</td>
<td>Quiz: Chapter 10 (10) Assignments: Mandala Assignment (20) Due 4/13 at 11:59 PM</td>
</tr>
<tr>
<td><strong>Week 14:</strong> Thursday 4/13</td>
<td>Autogenic Training, Imagery, &amp; Progressive Relaxation</td>
<td>CSM: Chapter 11</td>
<td>Quiz: Chapter 11 (10) Assignments: Audio Relax. Assgn. (20) Due 4/20 at 11:59 PM</td>
</tr>
<tr>
<td><strong>Week 15:</strong> NO CLASS Thursday 4/20</td>
<td>Other Relaxation techniques</td>
<td>CSM: Chapter 12</td>
<td>Quiz: Chapter 12 (10) Assignments: Explore Some. New (20) Due 4/20 at 11:59 PM</td>
</tr>
<tr>
<td></td>
<td>Relaxation &amp; Reflection</td>
<td>Optional MCG Part 10 &amp; Part 3</td>
<td>Attendance/Participation: (30)</td>
</tr>
<tr>
<td></td>
<td>Refining Interpretations</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Final and Portfolio**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Topics</th>
<th>Readings</th>
<th>Assignments Due on CANVAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Portfolio due by 7:00 pm 4/27</td>
<td>Optional Attendance</td>
<td>Optional MCG Conclusion: Self-Actualization</td>
<td>Assignments: Stress Portfolio (125)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Extra Credit: <em>Evaluation (+5)</em></td>
</tr>
</tbody>
</table>
STRESS PORTFOLIO (125 points)

Due date: anytime between April 24 – 27th (by 7:00pm)

Your stress portfolio serves as a compilation of some of your work throughout this course. I expect you to create ONE pdf document that will include SOME of the assignments you have submitted. Be creative! Use colors, pictures, images, etc.

Your Stress Portfolio must include:

- **Cover Page**
  This should include your name, section number, and UF ID. It should reflect you as a person, your interests, stress management, etc. Use colors, fonts, pictures, images, etc.

- **Table of Contents**
  See sample below

- **Personal Reflection Paper**
  A 3-4 page (12 point font, double spaced) reflection. This paper should address not only what you have learned about stress and anxiety management, but also about how you can integrate this information into your daily life. Think about what you have learned about yourself, both positive and negative attributes. Identify how you can use this information to improve yourself and quality of life.

- **Personal Introduction**
  A 1 page (12 point font, double spaced) paper about yourself. Include where you live, your major, career interests, pets, family, hobbies, interesting facts, etc. Share anything you feel comfortable sharing about yourself and your life.

- **Module Headings**
  One page stating the module number including colors, fonts, images, and/or pictures

- **One assignment from each module**
  See rubric on next page

Here’s an example of what your table of contents could look like:

<table>
<thead>
<tr>
<th>Course Reflection</th>
<th>Module One</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Module Two</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Personal Reflection</strong></td>
<td>X</td>
</tr>
<tr>
<td><strong>Personal Introduction</strong></td>
<td>X</td>
</tr>
<tr>
<td><strong>Module Two</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Xxxx</strong></td>
<td>X</td>
</tr>
<tr>
<td><strong>Xxxx</strong></td>
<td>X</td>
</tr>
</tbody>
</table>
Your portfolio **must** include the following artifacts, in this order:

<table>
<thead>
<tr>
<th>Artifact</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Personal Reflection Paper</strong> (A 3-4 page addressing what you have learned about stress and anxiety management, how you can integrate this information into your daily life, etc.)</td>
<td>40</td>
</tr>
<tr>
<td><strong>Personal Introduction</strong> (One page, double spaced introduction stating who you are and sharing about yourself)</td>
<td>5</td>
</tr>
<tr>
<td><strong>Module 1</strong> Personal Wellness Wheel Assignment (original)</td>
<td>5</td>
</tr>
<tr>
<td><strong>Module 2</strong> Creative Motivation Assignment</td>
<td>10</td>
</tr>
<tr>
<td><strong>Additional Reflection:</strong> a 100+ word narrative on how your creation was helpful to you in reaching your wellness goals. What else motivated or encouraged you throughout the semester?</td>
<td></td>
</tr>
<tr>
<td><strong>Module 3</strong> Perceptions of Nature Assignment</td>
<td>10</td>
</tr>
<tr>
<td><strong>Additional Reflection:</strong> a 100+ word narrative describing your ultimate stress free zone. Where would it be? What would it look, sound, smell like? What is around you? Is anyone else there? How would this place alleviate your stress?</td>
<td></td>
</tr>
<tr>
<td><strong>Module 4</strong> What Works for You Assignment</td>
<td>10</td>
</tr>
<tr>
<td><strong>Additional Reflection:</strong> a 100+ word narrative describing someone, which you have never met, but would like to interview with these questions and why you have selected them.</td>
<td></td>
</tr>
<tr>
<td><strong>Module 5</strong> Wellness Wheel Assignment (Update)</td>
<td>20</td>
</tr>
<tr>
<td>Create an updated version of your wellness wheel (the wheel, not the questions) and a 100+ word reflection on what areas have changed and why you believe they have changed. What are your goals moving forward?</td>
<td></td>
</tr>
<tr>
<td><strong>General</strong></td>
<td></td>
</tr>
<tr>
<td>Following instructions</td>
<td>10</td>
</tr>
<tr>
<td>Creativity &amp; Organization</td>
<td>15</td>
</tr>
<tr>
<td><strong>TOTAL POINTS</strong></td>
<td>125</td>
</tr>
</tbody>
</table>

Your final product, the Stress Portfolio, saved as ONE pdf document, must be uploaded in the *Assignments* area.

See the Stress Portfolio Examples available in the Resources Section.
Course Syllabus Contract

Due: Thursday, January 6th

“Course Syllabus Contract” is a document for all members of Stress and Anxiety Management (students and professor) to be held responsible for the requirements explained within these syllabus pages. The purpose of this contract is to reinforce clarity, personal responsibility, and understanding about the expectations of assignments throughout this course.

STUDENT RESPONSIBILITY:

I have read and agree to the Stress and Anxiety Management Course Syllabus Contract, and understand all the rules, assignments, and expectations of this class.

STUDENT’S NAME (PRINTED): ________________________________________________

STUDENT’S SIGNATURE: _____________________________________________________

STUDENT'S UF ID #: ________________________________________________________

What motivated you to take this course/what do you hope to gain from the experience?

Do you have any questions for the professor?

Is there anything else that I need to know about you to help me to teach you more effectively?