Prerequisites: Before taking this course, you must have successfully COMM F131F or COMM F141X; PSY F101 or permission of instructor.

Course Description
In this course, students will examine the major theories and research that describe how stress affects human health and well-being. Students will examine psychological and biological models detailing the interactive nature of stress effects. This class will explore the biological, psychological, social, emotional, and environmental influences involved in the stress response. Stress management and treatment techniques will be investigated and applied to one's daily life.

Learning objectives
Students who actively participate in this course will be able to:

- Define the methods of scientific inquiry as they relate to the psychology of stress
- Use the biopsychosocial model to describe how stress affects health and well-being
- Describe the effects of chronic stress on cognition, emotion, and the brain
- Explain the effects of acute and chronic stress on physical and psychological health
- Discuss the psychological components that influence an individual's response and resilience to stress
- Describe the effects of stress at various life stages on long-term wellbeing
- Describe how some groups of individuals may be more likely to experience life events that are inherently stressful.
- Discuss and define stress management and stress treatment techniques
Required Text:

Blackboard:
- You will need to use Blackboard to access useful tools such as announcements, course documents, and grades.
- You can access Blackboard at the following link: https://classes.alaska.edu/webapps/login/
- Please save all of your assignments with YOUR LAST NAME and ASSIGNMENT TITLE. All typed assignments must be submitted in .doc or .docx format.

UA email: You are expected to use your university email account (xxx@alaska.edu). If this account is not your primary email account, you can adjust your settings so that all your messages are forwarded from the UA server to your primary account. However, you must email me directly from your UA account for grade related questions. If you email me and I haven't responded within 12-24 hours, do not assume I received the email. Please re-send the email.

Course Format:
Lecture, discussions, activities, presentations, assignments, and a final exam.

Course Policies:

Attendance. Attendance and class participation are required. Absence in no way relieves you from the responsibility of completing assignments (or giving presentations). Arrive to class prepared to discuss the topics from the readings, to answer and ask questions, and to integrate class concepts into discussions. Class discussions are more interesting and productive when you arrive prepared. If you are not present, you will miss a lot of interesting information that is critical to your understanding of the course and its content.
General Absences. If you miss class, you are responsible for contacting Dr. Peterson concerning your absence and to discuss the possibilities for arranging alternative learning opportunities. Please make arrangements with a classmate to get notes for missing classes.

UAF-Sanctioned Absences. If you are scheduled to miss class for an academic requirement or to represent UAF in an official capacity (e.g., NCAA athletic competition, music performance), you must notify your instructor in writing prior to the event(s). The notification should list all scheduled absences and bear the signature of a UAF school official.

Late Assignments. Late assignments will be accepted with score reductions (see exceptions below). Assignments that are submitted late will be penalized 20% of the possible points for each calendar day (or portion thereof) that it is late. All assignments are due at midnight on the assigned day.

- Exceptions: No late discussion board posts or replies will be accepted, no late presentations may be given, and no late assignments will be accepted the last week of class (June 25-29).

Incomplete Grades. An incomplete grade (I) for the course will be assigned only if two conditions have been met:

- The student has completed 50% of coursework at the time of the request for an incomplete with a grade of “C” or better.

- And documented evidence is submitted to substantiate the fact that course completion was prevented (e.g. medical or family emergency).

- Failure to complete the course or portions of the course in a timely manner, whether due to negligence or indifference will result in an "F" letter grade for the course. UAF policy automatically changes “I” to “F” after one year.
**Academic Misconduct.** Although you may consult with other students about assignments in this class, you must complete all assignments on your own. Handing in work that is based even partially on the work of other students constitutes academic misconduct and will be reported to the University for disciplinary action. Failing to properly cite sources of information is plagiarism (in other words, representing the ideas of others as your own). This includes information from classmates, books, websites, or any other source. Avoid copying and pasting from sources (such as websites), put information in your own words **AND** cite the source of the ideas. Similarly, providing your work to other students for their use also constitutes academic misconduct and will lead to disciplinary action.

**Classroom Accommodations.** Students with disabilities who need classroom accommodations, access to technology, or information about emergency building/campus evacuation processes should contact Disability Services: uaf-disabilityservices@alaska.edu, Whitaker Building, Room 208, Phone: (907) 474-5655, TTY: (907) 474-1827, Fax: (907) 474-5688.

**Support services.** There are many services available on campus if you are struggling academically or personally.

- **The Writing Center** (8th floor, Gruening Building)
- **The Math Lab** (305 Chapman) provide excellent advice, tutoring and assistance.
- Health and counseling services are available at the Student Health and Counseling Center (www.uaf.edu/chc).
- Services for Veterans are available from the Veterans Resource center (contact Walter Crary at 474-2475 or wecrary@alaska.edu).
- **The Speaking Center** is located on 5th floor of Gruening (474-5470 or fyspeak@uaf.edu). Coaches are available to help you organize, rehearse, and refine presentations.

**Title IX Protection.** University of Alaska Board of Regents has clearly stated in BOR Policy that discrimination, harassment and violence will not be tolerated on any campus of the University of Alaska. If you believe you are experiencing discrimination or any form of
harassment including sexual harassment/misconduct/assault, you are encouraged to report that behavior.

- If you report to a faculty member or any university employee, they must notify the UAF Title IX Coordinator about the basic facts of the incident.
- Your choices for reporting include the following:
  1. You may access confidential counseling by contacting the UAF Health & Counseling Center at 474-7043;
  2. You may access support and file a Title IX report by contacting the UAF Title IX Coordinator at 474-6600;
  3. You may file a criminal complaint by contacting the University Police Department at 474-7721.

Classroom Disruptions. Please do not use your cell phone in class, if you must make a call (or text), please leave the room. You are welcome to use computers/tablets to take notes, but please do not engage in activities that will distract those around you (emailing, playing games, checking Facebook, internet shopping, so forth). Please do not talk while others are talking, but please join in class discussion. It is important that everyone has an opportunity to speak and to be able to hear others speak. Respect for the viewpoints of others will be strictly enforced. I encourage the discussion of different opinions, but please be respectful of everyone.

Readings and Class Time. We will cover (and you will be expected to read) two chapters per week with occasional additional readings. Because this course will be discussion based, it is important that you come to class prepared so that you can participate effectively in these discussions. This means you should finish reading the assigned chapters and articles before class. The concepts we discuss during class will be paramount to your understanding of the course content and in guiding your oral and written assignments.

Evaluation: Grades will be determined based on your performance on the Prevention and Treatment Presentation, the Article Discussion assignment, Discussion Board Conversations, Participation Questions/Answers, and the final exam.
• **Prevention and Treatment Presentations**: You will prepare a lesson about a stress reduction therapy, treatment, or stress prevention technique. This presentation will focus on either the prevention or treatment of stress related disorders. **Details on this assignment will be provided during the first week of classes.**

• **Article Discussion**: You will present a research article on a topic relevant to the course. This will entail choosing the article, reading and assessing the content, creating a summary presentation, writing guideline questions for discussion, and leading a group discussion on the topics from the article. **Details for this assignment will be provided at the beginning of the course.**

• **Discussion Board Conversations**: Each week topics of discussion related to in-class discussion, reading assignments, or current events will be posted on blackboard. You will be required to provide well thought-out responses to the questions as well as responding to the posts of others. Statements must be supported by sources and will be assessed for detail and critical evaluation of the topic. The grading criteria (points values) used for discussion board questions and responses are as follows:

  9-10 Points: Statement/argument is well constructed. Thoughtful consideration of facts and opinion are evident. Examples and relevant sources are used.

  8 Points: Statement is average plus. May be missing one small element.

  7 Points: Statement/argument is of average construction. The statement was lacking somewhat in one element (length of response or sources).

  6 Points: Statement is below average but more complex than a merely present response. Lacks more than one element.

  1-5 Point: Statement/argument is merely present. The statement lacks critical thinking, is short, not detailed, or lacks supporting information/examples.

• **Participation Questions/Answers**: Each week you will submit 3 thought provoking discussion questions (and answers) for the assigned reading. These questions are due each Sunday by end of day (11:59pm) prior to the week the corresponding chapters will be discussed in class. For example, week two (May 28 - May 31) will cover chapters three and four. The Q/A for these chapters is due on May 27th.
• Instructions for Participation Q/A:
  • Type out your list of questions with answers and submit them via blackboard each Sunday.
  • It is important that you incorporate the concepts discussed in class as part of the questions and answers. This means synthesizing psychological concepts, theory, and topics from your text with your opinions and beliefs to effectively answer your discussion questions.
  • If more than one chapter is assigned for the week, provide a total of 3 questions with at least 1 question/answer from the other chapter.
  • See the calendar for due dates.

• Final Exam. There will be a comprehensive final exam over the concepts from the text, articles, discussion, and presentations from the course.

Grading:

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<tr>
<th>Assessment</th>
<th>Percentage of Grade</th>
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<tr>
<td>Presentation</td>
<td>20</td>
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<td>Article Discussion</td>
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<td>Discussion Board</td>
<td>20</td>
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<td>Participation Questions &amp; Answers</td>
<td>20</td>
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<td>Final Exam</td>
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Final Grades:

A  90-100%
B  80-89%
C  70-79%
D  60-69%
F  <60%
# PSY 495 Psych of Stress Course Calendar

<table>
<thead>
<tr>
<th>Course Schedule**</th>
<th>Dates</th>
<th>Topic</th>
<th>Read</th>
<th>Assignments</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>May 21-24</td>
<td>*Psychosocial models of health &amp; disease</td>
<td>CH 1 &amp; 2</td>
<td>***May 24 Discussion board post 1 Due</td>
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<td>*History of the concept of stress</td>
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<td>Week 2</td>
<td>May 28-31</td>
<td>*Homeostatic regulation: Normal function &amp; stress hormones</td>
<td>CH 3 &amp; 4</td>
<td>Sunday May 27th Q/A CH 3 &amp; 4 Due May 28 Discussion board reply 1 Due</td>
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<td>*May 28</td>
<td>*Physical and psychological stress</td>
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<td>May 31 Discussion board post 2 Due</td>
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<td>Week 3</td>
<td>June 4-7</td>
<td>*Central nervous system integration of the psychological stress</td>
<td>CH 5 &amp; 6</td>
<td>Sunday June 3 Q/A CH 5 &amp; 6 Due June 4 NN Draft due</td>
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<td>response</td>
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<td>June 4 Discussion board reply 2 Due June 7 Discussion board post 3 Due</td>
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<td>Week 4</td>
<td>June 11-14</td>
<td>*The immune system stress &amp; behavior</td>
<td>CH 7 &amp; 8</td>
<td>Sunday June 10 Q/A CH 7 &amp; 8 Due June 11 Discussion board reply 3 Due</td>
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<td>*Helplessness coping &amp; health</td>
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<td>June 14 Discussion board post 4 Due</td>
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<td>Week 5</td>
<td>June 18-21</td>
<td>*Genes, stress, &amp; balance</td>
<td>CH 9 &amp; 10</td>
<td>Sunday June 17 Q/A CH 9 &amp; 10 Due June 18 Discussion board reply 4 Due</td>
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<td>*Individual differences in reactivity to stress</td>
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<td>June 21 Discussion board post 5 Due</td>
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<td>Week 6</td>
<td>June 25-28</td>
<td>*Health implications of exaggerated and blunted stress reactivity</td>
<td>CH 11 &amp; 12</td>
<td>Sunday June 24 Q/A CH 11 &amp; 12 Due June 25 Discussion board reply 5 Due</td>
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<td>*Behavior, stress, &amp; health</td>
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<td>June 28 - Final Exam</td>
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**This is a tentative schedule that may be adjusted; advance notice of all changes will be given in class and via Blackboard

***All assignments are due at midnight Alaska time on the date specified