The University of Texas at Austin  
Signature Course – UGS 303  
Stress Management  
Unique Numbers 62285, 62290, 62295

Instructor  
Dr. Rosa N. Schnyer, DAOM. CFMP. L.Ac.  
Assistant Professor  
rschnyer@mail.utexas.edu  
Office: Nursing 5.188  
Office hours: By appointment

Meeting Time & Place:  
PHR 2.114  
Tue & Thur: 12:30-2 pm

Discussion  
FRIDAYS  
62285: 10-11 AM   CBA 4.338  
62290: 11 AM-12 PM   CBA 4.340  
62295: 12-1 PM   CBA 4.340

Library contact  
Sarah E. Brandt  
s.brandt@austin.utexas.edu  
(512) 495-4333

***** Email is the best way to contact me. Please label your email TC303 next to the subject. For example: TC303: Question about the reading

Course Description: Based on over two decades of research on stress and its effect on the brain and the body, we will explore stress and its impact on health, productivity and quality of life. The aim is to characterize the many factors that contribute to feeling constantly stressed as individuals and collectively as a society, and to identify effective strategies for keeping stress in check. Life and cognitive skills as well as several relaxation techniques for managing stress will be introduced. This course consists of both theoretical and experiential learning elements through a series of lectures, activities, and exercise techniques. You will learn about the science of stress and the effects of stress management techniques.

Interdisciplinary: Various perspectives from the fields of neurobiology, anthropology, psychology, medicine, philosophy and economics will be presented in this course.

Contemporary Relevance: Stress is a public health issue. It has been identified as a significant contributing factor to the chronic disease epidemic that plagues our modern society. Depression, anxiety, cardiovascular disease, diabetes, autoimmune disorders, IBS and cancer all have all been correlated with stress. Over 90% of Americans deal with
stress ineffectively. As health care costs continue to rise, more and more emphasis will be placed on the individual to accept the responsibility for his/ her own health. The application of effective strategies for stress reduction is the cornerstone to optimal health.

**Course Goals:** The course is designed to fulfill three major goals. The first is to provide you with an overview of the science of stress and its effects both on the individual and on society. The second is to map the physiological dynamics of the stress response and subsequent manifestations of various symptoms of target organ dysfunctions. And the third is to challenge you to develop the skills needed to effectively manage personal stress by combining various cognitive, behavioral, and psychosocial strategies with relaxation, expressive and introspective techniques.

**Course Objectives:** At the completion of this course you will be able to:

- Identify the basic principles of the human stress response
- Analyze the physiology of the human stress response and its influence on physical and emotional health, productivity and quality of life
- Identify landmark studies on the effect of stress on college students and other populations
- Apply evidence based criteria to evaluate stress management interventions in improving health outcomes
- Construct an individualized plan for stress management by learning to integrate stress management techniques into daily living habits
- Communicate effectively in writing and orally about the importance of stress management and evidence based effective interventions
- Formulate ideas on developing and implementing an innovative program to help college students effectively manage stress

**Signature Course:** This course meets the signature course requirements for the University of Texas at Austin. Signature courses are designed to help students learn useful skills that will aid in their success at the University. Students will have opportunities to learn to be effective communicators, critical thinkers, and thoughtful researchers. We will use several approaches to explore the nature of stress, and the importance of effective stress management for health, productivity, and quality of life.

- **University Gems**
  1. Everyone will participate in the Blanton Museum Tour “Art and Stress”
- **University Lecture Series**
  1. You will attend the lecture “We Are All Apocalyptic Now: Moral Responsibilities in Crisis Times” Presenter: Dr. Robert W. Jensen, School of Journalism
SAC Auditorium: Wednesday, March 9, 2016, 7:00-8:00pm

✓ Oral Presentations
   1. You will give one short presentation

✓ Information Literacy
   1. You will complete the tutorials ‘Avoiding Plagiarism’ and “How to Read a Research Article”
   2. You will evaluate a website or blog
   3. You will attend a session with the librarian to learn about search strategies.
   4. You will complete an analysis of research sources and evaluation of information.

✓ Written Assignments
   1. You will have several writing assignments. Most of them are short but they build on each other. Attendance in class will facilitate your success in these assignments. Plan to type all assignments & use complete sentences with correct grammar and punctuation.

Texts: You are required to purchase one book and a workbook. Since the course will attempt to convey a wide range of scholarly perspectives, the book will be complemented by selected readings, which will be posted on Canvas as PDF’s. You can rent a copy or sue an e-copy. We will use the 7th edition to keep your costs low.

Required Texts:
Managing Stress, 7th Edition
Art of Peace and Relaxation Workbook, 7th Edition
Available as a ‘bundle” (cheaper) with the ISBN# 978-1-4496-4057-6

Readings: You will be responsible to complete the readings by the indicated dates and be prepared for class having read the material. You will be asked to participate in discussion based on the readings and material from the readings not covered in class will be required to complete other class assignments and quizzes.

Class Attendance/Participation: This class has a strong experiential component. You are expected to attend and participate in each class. No penalty for the first unexcused absence; after that each absence costs three points from the final grade average on a scale of 100. If you have a legitimate reason for missing class, you will be given an opportunity to make up the work. But you need to inform me by email
ahead of time. If you miss a class, you are responsible for all the material presented, handouts and announcements. **Students will sign in at the beginning of each class. It is your responsibility to make sure you have signed in.**

**Cell phones, computers and other gizmos.** Cell phones must be put away during class and computers may be used only for specific class activities. Students who use gizmos for non-class related activities will be marked absent. **There is NO texting, FaceBooking, twitting, blogging, cruising the web or otherwise multitasking during class**, unless specifically asked to do so. I WILL call out and ask you to leave for the remainder of that class and you will be marked absent.

**Class Format:** The class will be conducted by combining theoretical content with experiential learning. **All students are expected to participate in all class activities.** Due to the nature of the material presented, **class attendance is essential and required.** Did I say this enough already ☹?! Students are expected to have read the assigned text chapters prior to the respective lecture in class, where appropriate. Because the efficacy of these relaxation and coping techniques requires more time than is allotted in the class period, it is expected that you will practice these regularly on your own time.

**Course Requirements:**

- Attend class and participate in discussion and relaxation exercises
- Keep a journal
- Complete the assigned readings
- Complete all written assignments
- Complete oral presentations
- Participate individual and team activities
- Visit the Blanton museum and take the tour “Medicine and Art”
- Visit the Mind Body Lab at UHS, OR find cool places to chill or take a nap on campus, OR participate in a yoga, exercise, meditation class offered by clubs on campus
- Attend the Library research orientation
- Practice stress management techniques
- Complete all team, individual projects and quizzes

**Assignments (all assignments must be completed in order to pass this course)**

There are a variety of assignments for this course. These assignments were chosen to provide you with the opportunity to learn some new skills and practice old ones that will hopefully be helpful for you through your professional and personal life. Please seek guidance early and often as you work on these assignments.
There are three main categories of assignments for the semester: Oral Presentations, Information Literacy and Written Assignments. You are encouraged to personalize the assignments to areas that are of interest to you and that fit within your discipline (major). It is much interesting to hear how the material applies to your life and your discipline!

Each of the assignments is outlined below. We will go over them in class as well; however, if you are still unsure about what is expected, ASK QUESTIONS!

<table>
<thead>
<tr>
<th>Detailed instruction will be available on CANVAS for each assignment, below is just a quick reference. Look for specific instructions under “Assignments”</th>
<th>Due date</th>
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</thead>
<tbody>
<tr>
<td><strong>PARTICIPATION, Discussion, TEAM work</strong></td>
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<tr>
<td><strong>Readings / Discussions</strong></td>
<td>Keep up with the readings, you will need the content to participate in class, and complete other assignments.</td>
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<td><strong>Participation</strong></td>
<td>General participation in class discussion, attendance to all events</td>
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<td>→ We will be reading book chapters plus additional articles posted regularly on Canvas. Reading is a key component of the course. We cannot engage in intelligent discussion without completing the readings! <strong>Readings and participation will be evaluated with 3 quizzes,</strong> team work, a final group activity and attendance</td>
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<td><strong>QUIZZES:</strong></td>
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| 3 quizzes | Based on the lecture materials | Quiz #1: 2/25  
Quiz #2: 3/24  
Quiz #3: 4/21 |
| **Chillin’ Out: Journal Summary** | A reflection of the journaling process, integrating your own experience. | Ongoing |
| → This assignment is meant to get you to reflect on the journaling process, identify your own stressors, the emotions associated with them, and develop an effective coping strategy. | |
| **Stress Management Blog: Multimedia** | You will be asked to create a multimedia blog; it will be submitted in pieces throughout the course. The final version will be uploaded on to the class blog site. | 1. Select theme 1/2  
2. Proposal 2/2  
3. Find the elements 3/3  
4. Background & Significance 3/8  
5. Evidence Summ 3/29  
6. Personal Voice 4/12  
7. Put it together 4/26  
8. Peer Review 4/29 |
| → Use social media effectively to convey an issue relevant to you, integrating personal experience with facts. An example of your best writing. | |
| **ORAL PRESENTATIONS:** | |
| **Mini oral presentation 1** “RELAX” | A 1-3 minute short summary of your experience, choose one, refer to the prompt:  
• Nature walk  
• Fun places where to chill or catch | TBA by sections |
a few ‘zzz’ on campus
• Yoga, Meditation, Tai Chi or Exercise
• Mind Body Lab Visit
• Visit to the Blanton

Employers cite effective communication skills as essential attributes for hiring candidates. A chance to get you practicing oral presentation skills.

INFORMATION LITERACY: 15

<table>
<thead>
<tr>
<th>Two on-line Tutorials</th>
<th>Complete tutorials “Avoiding plagiarism” “How to read a Research Article” 2/23 4/01</th>
</tr>
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<tbody>
<tr>
<td>Blog Evaluation</td>
<td>Evaluate blog on stress management using the grid provided 3/08</td>
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<tr>
<td>Library assignment</td>
<td>Strategy worksheet 2/18</td>
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Learn to evaluate information resources on stress management and familiarize yourself with research on the use of relaxation and coping techniques

TEAM WORK:

As assigned in class through out the course

Final project discussed by teams TBA

Collaborate in interdisciplinary teams to create innovative approaches to stress management in college students

NO MIDTERM OR FINAL EXAMS will be part of this course. You will demonstrate competencies through the variety of assignments listed above, short quizzes and team work.

Grading:

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<tr>
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<th>Points</th>
<th>Percent Weight</th>
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<tbody>
<tr>
<td>Participation</td>
<td></td>
<td>10%</td>
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<tr>
<td>Workout</td>
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<td>10%</td>
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<tr>
<td>Quizzes</td>
<td></td>
<td>20 %</td>
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<tr>
<td>Blog</td>
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<td>20%</td>
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<tr>
<td>Proposal</td>
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<td>Elements</td>
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<td>Background &amp; Significance</td>
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<td>Evidence Summary</td>
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<td>Personal Voice</td>
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<tr>
<td>Final entry</td>
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<tr>
<td>Information Literacy</td>
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<td>20%</td>
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<tr>
<td>Tutorial: Avoiding Plagiarism</td>
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<tr>
<td>Tutorial: How to Read A Scientific Paper</td>
<td>5</td>
<td></td>
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<tr>
<td>Library Assignment</td>
<td></td>
<td>20%</td>
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<tr>
<td>Blog Evaluation</td>
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<tr>
<td>Oral presentation</td>
<td>10</td>
<td>15 %</td>
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<tr>
<td>Peer Review</td>
<td></td>
<td>5 %</td>
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</table>
TOTAL | | 100

**HOW to submit assignments:** ALL assignments unless otherwise indicated will be submitted by **uploading them onto CANVAS by the time indicated on the day they are due.**

**File Requirements.** Please name your files and provide a title. All work should reflect your best effort. Proofread your work and provide citations appropriately.

| Late assignments loose 10% per day; |
| No assignments will be accepted more than three days late. |

Description for each assignment will be available on Canvas in the “Assignment Section”

**SCHEDULE**

* ***Subject to Change*** *

| WEEK 1 | 1/19 | INTRODUCTIONS |
| 1/21 | STRESS: AN EPIDEMIC |
| WEEK 2 | 1/26 | The Human Stress Response |
| 1/28 | |
| WEEK 3 | 2/02 | Recognizing when we are stressed |
| 2/04 | |
| WEEK 4 | 2/09 | Stress Physiology |
| 2/11 | |
| WEEK 5 | 2/16 | Stress Psychology |
| 2/18 | |
| WEEK 6 | 2/23 | SLEEP |
| 2/25 | Quiz #1 and TEAM based learning |
| WEEK 7 | 3/01 | Sociology of Stress |
| 3/03 | |
| WEEK 8 | 3/08 | Stress & Health |
| 3/10 | |
| WEEK 9 | 3/12-3/19 | ***SPRING BREAK *** |
| WEEK 10 | 03/22 | Mind Body |
| 03/24 | Quiz #2 and TEAM based learning |
| WEEK 11 | 03/29 | Resilience |
| 03/31 | |
| WEEK 12 | 04/05 | Stress & Art: Drawing for Emotional Relief |
| 04/07 | Visit to the Blanton |
**Class participation:**

This is a seminar course and student participation is expected during each class. Your degree of participation will be graded based upon discussions, the quality of your evaluations of others, and brief in-class writing assignments. We will use the following guidelines for class participation:

1. Respect others’ rights to hold opinions and beliefs that differ from your own. Challenge or criticize the idea, not the person.
2. Listen carefully to what others are saying even when you disagree with what is being said. Comments that you make (asking for clarification, sharing critiques, expanding on a point, etc.) should reflect that you have paid attention to the speaker’s comments.
3. Be courteous. Come to class on-time and prepared. Don’t interrupt or engage in private conversations while others are speaking.
4. Support your statements. Complete assigned readings before class and use evidence and provide a rationale for your points.
5. Allow everyone the chance to talk. If you have much to say, try to hold back a bit; if you are hesitant to speak, look for opportunities to contribute to the discussion.
6. If you are offended by something or think someone else might be, speak up and don’t leave it for someone else to have to respond to it.

Selected UT Policies:

**Academic Integrity**

*You are expected to write your own papers and to cite your sources.* A fundamental principle for any educational institution, academic integrity is highly valued and seriously regarded at The University of Texas at Austin, as emphasized in the standards of conduct. More specifically, you and other students are expected to "maintain absolute integrity and a high standard of individual honor in scholastic work" undertaken at the University (Sec. 11-801, Institutional Rules on Student Services and Activities). This is a very basic expectation that is further reinforced by the University’s Honor Code. At a minimum, you should complete any assignments, exams, and other scholastic endeavors with the utmost honesty, which requires you to:

- Acknowledge the contributions of other sources to your scholastic efforts;
• Complete your assignments independently unless expressly authorized to seek or obtain assistance in preparing them;
• Follow instructions for assignments and exams, and observe the standards of your academic discipline; and
• Avoid engaging in any form of academic dishonesty on behalf of yourself or another student.

For the official policies on academic integrity and scholastic dishonesty, please refer to Chapter 11 of the Institutional Rules on Student Services and Activities.

The University of Texas Honor Code

The core values of The University of Texas at Austin are learning, discovery, freedom, leadership, individual opportunity, and responsibility. Each member of the University is expected to uphold these values through integrity, honesty, trust, fairness, and respect toward peers and community.

Students with Disabilities

Let me know early in the semester if you need accommodation.

Students who require special accommodations need to get a letter that documents the disability from the Services for Students with Disabilities area of the Office of the Dean of Students (471-6259- voice or 47 l -4641 - TTY for users who are deaf or hard of hearing). This letter should be presented to the instructor in each course at the beginning of" the semester and accommodations needed should be discussed at that time. Five business days before an exam the student should remind the instructor of any testing accommodations that will be needed. See Web site below for more information: http://deanofstudents.utexas.edu/ssd/providing.php

Use of Class Materials

The materials used in this class, including, but not limited to, exams, quizzes, and homework assignments are copyright protected works. Any unauthorized copying of the class materials is a violation of federal law and may result in disciplinary actions being taken against the student. Additionally, the sharing of class materials without the specific, express approval of the instructor may be a violation of the University's Student Honor Code and an act of academic dishonesty, which could result in further disciplinary action. This includes, among other things, uploading class materials to websites for the purpose of sharing those materials with other current or future students.

University Electronic Mail Notification Policy
All students should become familiar with the University's official e-mail student notification policy. It is the student's responsibility to keep the University informed as to changes in his or her e-mail address. Students are expected to check e-mail on a frequent and regular basis in order to stay current with University-related communications, recognizing that certain communications may be time-critical. It is recommended that e-mail be checked daily, but at a minimum, twice per week.

**Use of Canvas in Class**

This course uses Canvas. **You will be responsible for checking the Canvas course site regularly for class work and announcements.** As with all computer systems, there are occasional scheduled downtimes as well as unanticipated disruptions. Notification of these disruptions will be posted on the Canvas login page. **Scheduled downtimes are not an excuse for late work.** However, if there is an unscheduled downtime for a significant period of time, I will make an adjustment if it occurs close to the due date.

**Religious Holidays.** Please let me know ahead that you will be absent. Religious holy days sometimes conflict with class and project schedules; if you miss a, work assignment, or other project due to the observance of a religious holy day you will be given an opportunity to complete the work missed within a reasonable time after the absence. It is the policy of The University of Texas at Austin that you must notify each of your instructors at least fourteen days prior to the classes scheduled on dates you will be absent to observe a religious holy day.

**Feedback.** Feedback is an important part of any learning. Without feedback on how well you understand the material or your proficiency in a skill, it is more difficult to make significant progress. During this course I will be asking you to give me feedback on your learning in informal as well as formal ways. Please let me know when something we discuss is not clear. It will enable me to provide additional information when needed or to explain a concept in different terms.

**EMERGENCY PREPAREDNESS:** View Emergency Preparedness, The University of Texas at Austin web site to learn about UT emergency information. Visit the UT Behavior Concerns Advice Line web site that provides UT faculty, students and staff an opportunity to discuss their concerns about another individual’s behavior.

**Text Messaging Service (Mobile Campus) :** This commercial service allows members of the campus community to receive emergency notifications from the University without charge, in addition to messages from Mobile Campus and local advertisers. Subscribers receive information via text message. More information about Longhorns Mobile Campus is available online.
In Case of Emergency: If you see smoke, see flames, smell something burning, or become aware of another emergency that may require evacuation of the building, immediately, follow the steps below:

1. If possible, ISOLATE the fire or other emergency by closing the door.
2. ACTIVATE the nearest FIRE ALARM PULL STATION.
3. EVACUATE to the PRIMARY or ALTERNATE ASSEMBLY AREA.
4. Dial University Police at 911 or Dispatch 471-4441. DO NOT CALL 911 UNTIL YOU ARE OUTSIDE THE BUILDING.

If a fire alarm is activated:
- In a calm and orderly manner, proceed to evacuate the area and follow the instructions of the Fire Wardens or emergency response personnel. Each floor has two designated wardens. Their role is to ensure that everyone on their floor has proceeded to the fire exit stairs.
- Do not rush, push, or panic.
- Close your office, classroom, or lab door behind you.
- DO NOT USE ELEVATORS TO EVACUATE. Descend the nearest fire exit stairs in single file down to the GROUND LEVEL (first floor) and exit the building. Fire exit stairs are located on the southwest and northwest ends of the building.
- If there is someone who requires assistance, please provide it.
- Do not reenter the building unless directed by UTPD or an Austin Fire Department Officer in charge.
- DO NOT BLOCK ACCESS TO BUILDING FOR EMERGENCY PERSONNEL.