



Wayland Baptist University exists to educate students in an academically challenging, learning environment.

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required textbook available on Blackboard. The price of the e-textbook is in most cases below the standard cost. The e-textbook will be available the first two weeks (before Census date) of class. Open to all students. If you choose this version, you will not be eligible for a refund and refunds are not available. If you choose to purchase the print version, you will not be eligible for a refund and refunds are not available.

textbook on your own. The textbook is needed for Week 1 assignments. The price of the textbook has been billed to your student account.

- Students may consider purchasing a grammar/APA software program
- Access to the WBU Learning Resource
- Internet and Library (We will use the WBU Library for Scholarly Resources)

- Keyboard enabled tablet or laptop needed for each class.

- Recognize life change events and relate these to the development of positive health.
- Distinguish between productive and non-productive stress and Modify stressful behaviors.
- Develop progressive relaxation, physiological and biofeedback interventions
- Demonstrate understanding of the subject and matter through class discussions and obtaining 80 to 90% on mid- term and final examinations, oral presentations and written reports.

Students enrolled at one of the university's external campuses should make every effort to attend all class meetings. All absences must be explained to the instructor, who will then determine whether the omitted work may be made up. When a student reaches that number of absences considered by the instructor to be excessive, the instructor will so advise the student and file an unsatisfactory progress report with the external campus

In compliance with the Americans with Disabilities Act of 1990 (ADA), it is the policy of Wayland Baptist University that no otherwise qualified person with a disability be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the university. The Coordinator of Counseling Services serves as the coordinator of students with a disability and should be contacted concerning accommodation requests at (806) 291-3765. Documentation of a disability must accompany any request for accommodations.

It is expected that the graduate student will spend approximately two hours of study time for each class hour. Course work submitted late will have the grade reduced by 10% for each day the assignment is late. No work will be accepted more than 7 days after the due date without prior coordination. See the list below for a breakout of course requirements with grading criteria.

specific format for the articles will be described in class, and when presented they will be graded based upon quality and relevance to the topic being discussed. The presentations may also be graded based upon the amount of class discussion that ensues when the summary is presented. Length of the individual presentations will be discussed when each assignment is made. Students will present a total of three articles during this course. Please present each of your articles on a separate date to assist in distributing the presentations throughout the entire course.

: Students will complete one research paper for this class. The paper should be seven to ten pages of content, excluding coversheet and references, and should utilize at least five references; three of them should be from scholarly sources. Papers must utilize APA (7th Edition) format and demonstrate acquired knowledge of the course material. Students shall submit proposed research paper topics to the professor for approval no later than the end of Class 3. Prior to submitting final research papers to the professor, students will submit the papers to Safe Assignment and receive a rating of less than 20%. Submit soft copy research papers in RTF (MS Word preferred) to the professor via email no later than Wk8.

: One test will be given at the end of the semester with 25 short essay questions (meaning answers should be in complete sentences). Students will have 4 hours to complete the exam. Final Exam contributes 20% toward your final grade.

Faculty Assembly Grade Appeals Committee may instruct that the course grade be upheld, raised, or lowered to a more proper evaluation.”

		<p>Review Syllabus and Course Requirements Management Introduction to Stress Management Read: Chapters 1, 2 & 3 Post Discussion Response Stress Log Discussion</p>
		<p>The College Student and Intervention Read: Chapters 4 & 5 Case Study/Discussion Stress Log Prep</p>
		<p>Interventions Continued Read: Chapters 6, 7 & 8 Case Study/Discussion Stress Log Prep</p>
		<p>Spirituality and Meditation Read: Chapters 9 & 10 No Discussion Mid-Term Exam</p>
		<p>Relaxation Read: Chapters 11 & 12 Case Study/Discussion Stress Log Prep Physiological Arousal and Decreasing Stressful Behaviors Read: Chapters 13 & 14 Case Study/Discussion Stress Log Prep</p>

