

## **STRESS MANAGEMENT-----PSY 175**

**Instructor: Ron Courson**

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**WEEKEND COLLEGE: Spring 2015**

### **GENERAL OBJECTIVES OF THE COURSE**

This course is designed to help students learn how to minimize the effects of chronic stress by teaching specific skills which they can put into their lives.

### **SPECIFIC COURSE OUTCOME OBJECTIVES**

Through the use of lecture, experiential exercises, self-assessment tests, and discussion we will explore how diet, exercise, deep relaxation, the analysis of one's personal belief systems, and assertive communication skills can be utilized to improve the quality of the student's life.

### **TEXT**

None required. Students will be provided a number of handouts throughout the class.

### **COURSE REQUIREMENTS AND GRADING**

Grades are based on attendance and participation. Students are expected to attend all sessions of the weekend class. An absence will result in the lowering of the student's grade by one letter.

**A = Attending all three sessions**

**B = Attending two sessions which must include the Saturday afternoon session**

**C = Attending the Friday evening and Saturday morning sessions only**