



Syllabus

Course: PS 112 Anger/Stress

Year: Fall 2012

Department: Psychology

Credit Hours: One

Required Text: None

Days: Friday 11-16-2012

Instructor: Ryan Hale

Room #: BMC714

Office Info: Bedker Hall

Phone #: 1-888-634-9350 ext.5544

Course Placement: freshman/sophomore

Prerequisite: None

Rationale

This course fulfills a Behavioral Science elective.

Course Description

This course is designed to acquaint the student with the various theories that are involved with anger and stress. The students participate in finding strategies to resolve situations in which they might be involved. The student will also learn different relaxation methods needed to deal with anger and stress issues.

Course Outline

Topics will include: anger and violence, the definition of stress, causes and sources of stress, "choice" and "power," adding to anger, OCD and PTSD, the stress industry, dealing with stress, progressive muscle relaxation

Course Learning Outcomes

Colby Community College assesses student learning at several levels: general education, program, and classroom. The goal of these assessment activities is to improve student learning. As a student in this course, you will participate in various assessment activities. An example of your work, a paper, some test questions, a presentation, or other work may be selected for assessment. This process will not affect your grade, will not require you to do additional work and your evaluation will be confidentially handled. Results of these activities will be used to improve teaching and learning at Colby Community College.

Outcome 1: The student will demonstrate an ability to identify personality differences and show how it affects angry and stressful behaviors in a person's life.

Outcome 2: The student will demonstrate an understanding of the psychological and physical effects that anger and stress have on personal health.

Outcome 3: The student will demonstrate an understanding of the various stress and anger management techniques that can be implemented in everyday life.

Method of Instruction and Evaluation

Material for the course will be presented by discussion, lectures, observations, audio-visual aids and participation in class. The instructor's evaluation of the student will be based upon class discussion, homework, examination, class presence, student participation, and student attitude.

Course Requirements

1. Students must be in class for the entire course.
2. Students must complete the various handouts/in-class work.
3. Students will be required to participate in class activities.

Assignment Policy

I understand that no two students work at the same rate. Most work can and will be finished in class. If you feel you need more time to complete an assignment, you will be given one week to complete all assignments. No late assignments will be accepted past the due date of one week following the end of the course.

Attendance Policy

Attendance is required for all three Friday nights. Attendance points will be awarded, if you miss one Friday night, you have one-third of your attendance grade deducted. You and your fellow students comprise this course to a large extent. Understanding comes from interacting and you cannot interact if you are not in class. I spend a large amount of class time using various visual aids (videos, demonstrations). You must attend class to take advantage of this teaching technique.

Academic Integrity

Colby Community College defines academic integrity as learning that leads to the development of knowledge and/or skills without any form of cheating or plagiarism. This learning requires respect for Colby's institutional values of quality, service and integrity. All Colby Community College students, faculty, staff, and administrators are responsible for upholding academic integrity.

Cheating is giving, receiving, or using unauthorized help on individual and group academic exercises such as papers, quizzes, tests, and presentations through any delivery system in any learning environment. This includes impersonating another student, sharing content without authorization, fabricating data, and altering academic documents, including records, with or without the use of personal and college electronic devices.

Plagiarism is representing or turning in someone else's work without proper citation of the source. This includes unacknowledged paraphrase, quotation, or complete use of someone else's work in any form. It also includes citing work that is not used and taking credit for a group project without contributing to it.

The following procedure will be used for students who violate the policy:

- First Offense – Student will receive a zero for the assignment and the student will be reported to the Dean of Academic Affairs.
- Second Offense – The student will be reported to the Dean of Academic Affairs and removed from the class.
- Third Offense – The student will be reported to the Dean of Academic Affairs and dismissed from the college.

Any questions about this policy may be referred to the Dean of Academic Affairs.

Other Class Policies

All cell phones should be on “silent” mode. Emergencies do happen and for some circumstances, individuals may need to take a call. YOU MUST let the instructor know if you have circumstances that require you to be available. Ipods, mp3 players, headphones, etc. are not allowed in class. Students may not abuse technology in the classroom. Those found doing so will be counted absent.

Syllabus Information Disclaimer

“I reserve the right to change any information contained in this document, when necessary, with adequate notice given to the student. Notice shall be given in the classroom during class. No other notice is required. It is the students’ responsibility to stay current with any changes, modifications, adjustments or amendments that are made to this document.”

Accommodations for Students with Disabilities

“According to the Americans with Disabilities Act, it is the responsibility of each student with a disability to notify the college of his/her disability and to request accommodation. If a member of the class has a documented learning disability or a physical disability and needs special accommodations, he/she should contact Student Support Services, which is located in the Student Union.”