**Instructor:** Dan Palmer

**Time/Location:** T/TH, 8:45AM - 9:59AM (RM 130), 12:30PM - 1:45PM (RM 135), 3:30PM - 4:45PM (RM 137)

**Email:** dpalmer8@niu.edu

**Office:** Anderson 123

**Office Hours:** Schedule by email

**Course Description:**

At the completion of the course, the student will be able to understand the different techniques to reduce stress. They will be able to identify their own personal stressors and know how to reduce the influence of them on the mind and body.

**Grading Scale:**

A = 93-100%

1. = 90-92%

B+ = 87-89%

B = 83-86%

1. = 80-82%

C+ = 77-79%

C = 70-76%

D = 60-69%

F = <60%

**Course Assignments and Point Distribution:**

Par Q- 5 points

Attendance & Participation- 55 points (11 class periods, 5 points each)

Journals- 25 points (5 journals, 5 points each)

Final Assignment - 20 points

Total Points- 105 points

**Academic Integrity**

Good academic work must be based on honesty. The attempt of any student to present as his or her own work that which he or she has not produced is regarded by the faculty and administration as a serious offense. Students are considered to have cheated, for example, if they copy the work of another or use unauthorized notes or other aids during an examination or turn in as their own a paper or an assignment written, in whole or in part, by someone else. Students are guilty of plagiarism, intentional or not, if they copy material from books, magazines, or other sources without identifying and acknowledging those sources or if they paraphrase ideas from such sources without acknowledging them. Students guilty of, or assisting others in, either cheating or plagiarism on an assignment, quiz, or examination may receive a grade of F for the course involved and may be suspended or dismissed from the university.

The university has adopted additional policies and procedures for dealing with research misconduct among students, faculty, and staff. The guidelines, entitled Research Integrity at Northern Illinois University, are available in department offices, in the office of the dean of the Graduate School, and online at www.niu.edu/provost2/facpers/appm/I2.htm, and pertain to the intentional commission of any of the following acts: falsification of data, improper assignment of authorship, claiming another person’s work as one’s own, unprofessional manipulation of experiments or of research procedures, misappropriation of research funds.

**Accommodations**

Special needs: If there are any students in this class who have a disability that may require special accommodations please see me at your earliest convenience. NIU abides by Section 504 of the Rehabilitation Act of 1973 which mandates reasonable accommodations be provided for qualified students with disabilities. If you have a disability and may require some type of instructional and/or examination accommodation, please contact me early in the semester so that I can provide or facilitate in The NIU Community of Learners builds on knowledge, practice, and reflection to produce Exemplary Educators. The Community encompasses scholars, education professionals, and pre-service teachers in an interaction that develops the strengths that embody excellence in education. These strengths include creative and critical thinking, scholarship, and caring. Application of these strengths emerges through the collaborative efforts of a diverse community that supports lifelong learning. providing accommodations you may need. If you have not already done so, you will need to register with the Disability Resource Center (DRC) the designated office on campus to provide services and administer exams with accommodations for students with disabilities. The DRC office is located on the 4th floor of the University Health Services building (815-753-1303). I look forward to talking with you soon to learn how I may be helpful in enhancing your academic success in this course. \*\*If you have any conditions or special needs that may affect your participation in this specific class, please know that you are encouraged to inform the instructor as soon as possible. \*\*

**Attendance & Participation:**

This class is activity-based, because of that attendance is mandatory. You will not receive the benefits of this class if you are absent. You will be allowed 1 unexcused day to miss class, each class missed after that will result in no participation points for that day (0/5). If you are more than 15 minutes late to a class period, you will not receive participation points for that day (0/5). If you have a doctor’s note, please let me know.

**\*\*After your 1 unexcused absence, if 4 or more additional classes are missed after that, you will continue to not earn participation points in the class. ADDITIONALLY, at the end of the semester your final total grade in the class will be reduced by half a letter grade (A to A-, B+ to B, etc.) for every class missed (starting at 4, then 5, 6, 7 etc…).** **I will apply this to your final total grade at the end of the semester from wherever your grade is currently at.\*\***

**Communication:**

I will communicate with you from time to time via email and through Blackboard. Announcements will

be posted on Blackboard and I will send out an email. To communicate with me outside of class please use your

school email or visit me by appointment.

**Electronic devices:**

No use of cellphones during class time. This specific class is for relaxation, therefore, electronic devices should

be put way so there are no disruptions to you or others. **If you appear to be on your phone during class activities your attendance grade will be reduced by 50% for that day (2.5/5).**

**Journals:**

Each week students are required to submit a Journal Entry on Blackboard by Friday night at 11:59pm. **I will NOT accept late journals.** This will be graded on completion. Each journal entry should answer Part 1 and Part 2 in a clear and concise manner.

Part 1 (2.5 points):

Identify a main stressor you had that specific week. Did you use any relaxation methods or techniques to help reduce that stressor? If so, did it help? If you did not, what could you do differently next time?

Part 2 (2.5 points):

Name and describe what the relaxation/stress reduction methods/techniques were from the week and describe how you could use them in your everyday life.

**Assignments:**

There will be one assignment throughout this course, which will be the final assignment.

You will be given a topic(s) for what you will be writing about. The topic(s) will be based on relaxation/stress reduction methods/techniques. **I will NOT accept late assignments.**

**Course Schedule**

This schedule is subject to change

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| **Date** | **Topic** | **Assignment Due** |
| 10/22 | Par Q, Syllabus, Body Awareness |  |
| 10/24 | Breathing | Journal #1 |
| 10/29 | Meditation |  |
| 10/31 | Meditation (Headphones) | Journal #2 |
| 11/5 | Visualization |  |
| 11/7 | Visualization | Journal #3 |
| 11/12 | Progressive Relaxation (Headphones) |  |
| 11/14 | Relax Under Pressure | Journal #4 |
| 11/19 | Generalized Anxiety Relaxation |  |
| 11/21 | Self-Talk (Headphones) | Journal #5 |
| 11/26 | Exercise & Nutrition (Headphones) |  |
| 11/28 | **Thanksgiving Break- No Class** |  |
| 12/3 | **Final Prep** |  |
| **12/6** | **Final Assignment Due** | **Due by 11:59 PM** |