

## Conquering Anxiety

“Whether you believe you can do something or believe you can’t—you’re right!”

Henry Ford

“Educators have known for centuries, for a student to achieve academic success, it takes more than innate ability, competence, or the desire to learn. The key element in this process is having a positive attitude. A positive attitude becomes the catalyst, the supercharger propelling you along the road toward your goal.”

**Course Title:** Stress Management Activities, Spring, 2005

**Instructor:** Dr. England **Email:** penglan@emory.edu **Phone:** 4-8350 **FAX:** 770/784-4677

**Office Hours:** MW 11:30-12:00 3:30-4 TTH 9:30-10; 1:15-1:45

### COURSE DESIGN:

Each person perceives life from a unique perspective. Stress is managed from that unique perspective. The purpose of this class is to assist each individual in reaching a greater awareness of one’s own perspectives. Such awareness is achieved through individual practice. Practice means that we are striving. We practice our tennis game. We practice piano. We practice mathematics problems. We practice writing. The activities in this class are designed for the practice of self-awareness. Such practice must be done within our own minds, in the solitude of our selves. Yet, when practiced in the community, additional aspects of awareness are attained. You are expected to help create an environment in this classroom that is conducive to the practice of self awareness. We will create together a community of silent seekers of awareness. Only you who practice will be able to appreciate what the others in the community are practicing. You will know the solitude and discipline of mind that the practice requires of yourself and others.

### COURSE GOALS:

#### Course Goals:

1. the student will learn and practice stress management techniques which enhance mind/body awareness (meditation, yoga, progressive relaxation, tai chi chuan, Magnificent 7, core exercise, Pilates)
2. the student will learn and practice effective communication
3. the student will learn and practice personal management regarding time, anger management, and cognitive restructuring

*Physical activities for this class include vigorous movement. Whenever there is a medical condition which would cause you undue risk or prevent your full participation in swimming, it is your responsibility to inform me immediately. If you have a chronic condition which limits your potential for fulfilling the requirements for this class, have your physician FAX a letter stating what you cannot do and) recommendations for physical activities you can use to achieve the goals of this course as listed above.*

**COURSE TEXT:** The Relaxation & Stress Reduction Workbook. You must bring your own copy of this workbook to class each day. Additional resource material for tests will be given in class handouts. You must bring a spiral notebook to class **each day** so that you can participate in daily pages.

## **METHODS OF EVALUATION:**

**Written Work:** There will be two written tests ( Test I Wed/Thurs Sept. 15/16;  
Test II Wed/Thurs Oct. 6/7). Each test will count 100 points.

Daily pages=100 points (minus 10 points for each overcut)

Personal Peace Haiku=100 points

Clearing Conversations=100

Journal and Test Questions=100

The journal will be turned in (typed and double-spaced hard copy) every two weeks beginning. It will consist of no more than one page. It will follow your personal journey with managing stress. You will determine several goals for self-management during the semester and you will journal your experience with your goals throughout the semester.

The journal outline:

Affirmation

Daily Strategies

Deterrents

Successes

Future plan

**Skills**—The mind/body skills will be practiced each day in class. The expectation is that the student will practice each skill in good form, demonstrating the meditative mind/body connection, and creating an environment conducive to inner awareness. Criteria: correct order and pace (breath); excellent focus, form, balance, effortless effort. At midterm I will inform you as to your progress. At the end of the semester you can earn a total of 400 points for your skill in the following techniques.

personal yoga

sun salutation

tai chi chuan

core exercise

magnificent 7

Pilates

walking meditations

sitting meditations

progressive relaxation

breathing techniques

A+ on all=400 points (very rare)

A=350 points=excellence on most

B+=300 (most common grade)

B=250 points

C+=200 points

C=150 points=inconsistent practice

D+=100 points

D=50 points

F=0 points=general sloppiness and general lack of focus

**FOR EACH OVERCUT, 10 POINTS ARE DEDUCTED SINCE YOU ARE NOT PRACTICING THE TECHNIQUES IN COMMUNITY WHEN YOU ARE ABSENT.**

### **CLASS PARTICIPATION AND CONTRIBUTION**

You are expected to actively participate and contribute during each class meeting. It is important that you create an environment conducive to meditation and self-awareness for yourself and others. It is important that your practice be focused. Use class time effectively and help others benefit from this time. Demonstrate that you are making full effort to utilize the techniques and advice given by your instructor. Consistently practice courtesy and support for your classmates. When I speak to you individually about any of these I am suggesting that you be more attentive to this aspect of your class participation and contribution grade.

### **ABSENCE POLICY**

Missing more than two classes (one week) will reduce your final grade for each overcut.

**three absences = 50 point penalty (could make A with difficulty)**  
**four absences = 150 point penalty (could make B with difficulty)**  
**five absences = 250 point penalty (could make C with difficulty)**  
**six or more absences = student will most likely earn F**

It is important that you email me BEFORE any absence occurs. If you email me after an absence occurs, do so before the next class meeting. If LearnLink is down, you may leave a voice message (4-8350) instead. These emails or messages are only informative. They do not excuse any absence. Religious holidays are excused provided 1) you inform me in writing of your observance of the religious holiday **in advance** of the holiday.

If you believe you have justification for overcuts to be excused you must meet with me. I will want to know how you have used each of your previous absences. At that meeting we will decide whether make up work or penalty reduction is justified.

**COME TO CLASS!** If you do not feel well enough to physically participate, there are other ways you can contribute so that your grade will not be penalized. There are **NO MAKE UPS FOR WRITTEN WORK OR SKILLS TESTS** without medical documentation except in very unusual circumstances. I cannot legally adapt grading standards without such documentation.

**NOTE: POINTS CAN BE DEDUCTED/ADDED TO YOUR FINAL GRADE, DEPENDING ON YOUR PARTICIPATION AND CONTRIBUTION AS DESCRIBED ABOVE.**

**GRADING SCALE:** no plus/minus scale  
A = 90-100

B = 80-89  
C = 70-79  
D = 60-69  
F = < 60

**DRESS CODE:** Wear clothing that permits stretching, ease of motion, and is appropriate for strenuous exercise. Wear no jewelry that interferes with motion.

**EQUIPMENT:** You may bring a towel or mat to work on if you wish.

**ATTENDANCE RECORD:** I will call roll promptly at the class hour. If you arrive after I have called roll, there will be an X in your box. Indicate your presence by placing the date in a “tardy box.” Three (3) tardies will be equivalent to one absence.

**AGREEMENT TO PARTICIPATE:** All students are required to read and sign the Agreement to Participate Form prior to the first day of activity.

THE OXFORD COLLEGE STUDENT HONOR CODE: Article 2.A. “A student’s signature on a paper or test submitted for credit shall indicate he or she has neither given nor received unauthorized information on the work, nor has condoned the giving or receiving of unauthorized information by others.”

I expect that you will have read the Honor Code and that you will abide by its dictates. Whenever you take a written test or a skills test for this class you are under the dictates of the Honor Code. Therefore it is imperative that you read the skills tests descriptions carefully so that you can adhere to the Honor Code.

From **Steven R. Covey, The Seven Habits of Highly Successful People**,  
“Principles of Personal Management”

“The successful person has the habit of doing the things failures don’t like to do. They don’t like doing them either, necessarily. But their disliking is subordinated to the strength of their purpose.” From E.M. Gray, “The Common Denominator of Success”

You have to decide what your highest priorities are and have the courage—pleasantly, smilingly, nonapologetically—to say “no” to other things. And the way you do that is by having a bigger “yes” burning inside.

The key is not to prioritize what’s on your schedule, but to schedule your priorities.

**“Time management” is really a misnomer—the challenge is not really to manage time, but to manage ourselves.**