

PE 130 Stress Management Activities  
Fall, 2006

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**Instructor:** Dr. England

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**Office Hours:** MWF 11:30-noon; 3:30-4. TH 2:30-3:30 p.m. and other times by appointment

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**Course Objectives:**

1. Develop cognitive therapy skills
2. Develop effective communication skills
3. Develop relaxation techniques
4. Develop problem-solving skills
5. Develop meditation techniques
6. Develop anger management techniques

**Course Activities:**

Meditation techniques, tai chi chuan, yoga, progressive relaxation, visualization, journal-keeping, music therapy, art therapy, Pilates, exercise, Breathing techniques

**Text:** *Managing Your Mind*, Gillian Butler & Tony Hope

**Evaluation:**

Chapter summaries: 30%

Journals: 20%

Participation in daily activities: 40%

Haiku: 10%

**Grading Scale:**

- A – 90 – 100**
- B – 80 – 89**
- C – 70 – 79**
- D – 60 – 69**
- F - < 60**

**Grade Appeal Process:** If you wish to appeal the final grade you receive in this class you are to put your request to me in writing within 5 days of final grade posting. Your request must address the specific reasons as to why I should re-examine your grade. I will not respond to informal e-mail messages or appeals submitted after the 5 day deadline.

## **Class Participation and Contribution:**

In order to pass this course you must actively participate and contribute during each class meeting. Missing more than two classes will result in a **5-point reduction** in your grade **per additional absence**. If you believe you have justification for an absence to be excused you must discuss this with me in person and authentic documentation must be provided on the first day back to class. There will be no exceptions. \*\*If you miss two consecutive days it is my responsibility to report your name to the Office of Academic Services. **If you accumulate a total of six absences your final grade will result in an "F"**

**Come to class!** Even if you do not feel well enough to participate there are other ways you can contribute so that your grade will not be penalized. There will be NO MAKE UPS for written work or skills tests unless you have medical documentation or you make prior arrangements with me regarding an exceptional circumstance.

Lateness will not be tolerated! Every third time you are late (not in class within five minutes of the start time) you will be penalized an absence. I will provide a daily sign-in sheet for you to write the name you wish to be called in class. If you are late, the clip board will be turned face down. In that case, put your initials in the "late" column instead of putting your name in the "name" column.

## **Additional Important Information:**

Reasonable accommodation for students with disabilities: If you have a disability that may require assistance or accommodation, or you have questions related to any accommodations for testing, note takers, readers, physical activity, etc., please speak with me as soon as possible. Students may also contact the Office of Disability Services (404.727-6016) with questions about such services. It is the student's responsibility to initiate considerations; all students must self-disclose to ODS and complete the registration process. Students with identified or suspected writing disabilities of any kind should contact the Writing Center located in Language Hall (770. 784-4722).

Reminder: Class activities may include vigorous physical activity. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform me of its nature and provide documentation from your physician stating 1) the medical condition, 2) limitations of the condition, and 3) recommendations that would help you meet the requirements of the

course. Students may also contact the Office of Disability Services (404.727-6016).

Banned Materials: PDAs, cell phones, or any other items that could distract the student, other students, or the instructor must be **turned off** during class. *If you have a need to have a cell phone on, please let me know. Otherwise, if I become aware of the phone, you will be asked to leave class and will receive an absence.*

Learnlink: I will read and answer e-mail only between 10 a.m. and 4 p.m. each class day. If you need to communicate with me at other times, leave a voice message on my office phone.

**HONOR CODE: 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 skills test for this class you are under the dictates of the Honor Code. If you have questions regarding my expectations, do not hesitate to ask. Ignorance will not be an acceptable plea.**

Please see <http://www.college.emory.edu/students/honor.html>

“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 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.

Steven R. Covey *The Seven Habits of Highly Successful People*