

**Course Title:** Stress Management Activities, Fall, 2003

**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; 2:30-3:30

### **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 which 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 which the practice requires of yourself and others.

### **COURSE GOALS:**

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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)
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:** Write Your Own Prescription for Stress. Additional resource material will be given in class handouts

### **METHODS OF EVALUATION:**

**Written Work:** There will be two written tests ( Test I Sept. 16 & 17;  
Test II October 7 & 8). Each test will count 100 points.

**Skills**—The mind/body skills will be practiced each day in class. Once students are practicing each skill independently, these class practices will be graded. 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, effort

personal yoga=100 points

sun salutation=100 points  
tai chi chuan=100 points  
core exercise=100 points  
magnificent 7=100 points  
personal meditation=200 points

## **CLASS PARTICIPATION AND CONTRIBUTION**

You may earn up to 100 points. In order to earn these points you must 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 you are being 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.

Throughout the semester, there will be “unannounced” quizzes and one minute papers. These quizzes will be practice for the written test. Occasionally, you will write one minute papers at the beginning or end of class. I will ask you to give your thoughts about a matter or question. If you are absent when these are given, your participation grade is negatively affected, in addition to penalty for any overcut.

## **ABSENCE POLICY**

Missing more than two (MW or TTH) or three (MWF) classes will result in point reduction in your final grade for each overcut.

**three/four absences = 50 point penalty (could make A)**

**four/five absences = 150 point penalty (could make B)**

**five/six absences = 250 point penalty (could make C)**

**six/seven or more absences = student will make D or 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.

**GRADING SCALE:** no plus/minus scale

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = < 60

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

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

**ATTENDANCE RECORD:** **You are responsible for initialing the roll as soon as you arrive in class.** If you are late, there will be an X in your box. Indicate your presence by placing your initials and 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.