

**SYLLABUS**

**COURSE #**            BADM 270  
**COURSE TITLE**     STRESS MANAGEMENT  
**# OF CREDITS**       1

**CATALOG DESCRIPTION:**

No prerequisites. This 16 hour mini course emphasize personal stress management programs at work and at home. It defines stress and how it affects people. The course helps to develop strategies to respond to stress effectively. It is presented through a combination of lecture, group discussion, self-assessment instruments and video tapes. Students will learn special techniques to combat stress, including: controlling self-perception, identifying specific stressors, learning simple physical exercises to reduce fatigue, personal time management, and avoiding procrastination. Semester Offered-On Demand.

**COURSE GOALS:**

1. To understand the definition of stress and how it affects the body and mind.
2. To identify stressors in each participant's work and personal life.
3. To develop short-term and long-term strategies for coping with stress, including time-management techniques, and stress reducing exercises.

**LEARNING OUTCOMES:**

Upon completion of the course, the student will be able to:

1. Explain what stress is, where it comes from, and what it can do to you.
2. Recognize and identify participants' present source of stress levels.
3. Create a plan of action to minimize stress in their lives by using specific stress reduction strategies; positive self-esteem, procrastination reduction, and physical exercises.
4. Implement time management techniques to reduce stress.

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