Bemidji State University

PSY 1010: Stress and Coping

A. COURSE DESCRIPTION

Credits: 2
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

Focuses on the development of personal skills related to health and lifetime achievement. Topics include stress management, self-motivation, study skills, interpersonal relationships, and overcoming common anxieties. [BSU Focus: Performance and Participation]

B. COURSE EFFECTIVE DATES:  11/18/2005 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Copping with stress
2. Personal stressors
3. Relation and stress reduction
4. Stress management strategies and concepts

D. LEARNING OUTCOMES (General)

1. outline ways to manage thoughts within their social environment.
2. select and compare relaxation techniques.
3. build a personalized relaxation plan.
4. identify ways to cope with stress and how to manage it.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted