

Bemidji State University

PSY 1010: Stress and Coping

A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: *.*

Lab Hours/Week: *.*

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. Liberal Education Goal Area 11.

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

C. OUTLINE OF MAJOR CONTENT AREAS

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

D. LEARNING OUTCOMES (General)

1. understand how to manage thoughts within their social environment.
2. learn relaxing techniques.
3. understands ways to cop 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