

# 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