



P.O. BOX 1500  
STAUNTON, VA 24402

**PHE 122WA: Stress Management**  
**Fall 2021 (8/30/2021 – 12/10/2021)**  
**1 Credit Hour**

**Professor:** Dr. Melissa Anderson Morgan  
**Email:** [mmorgan@marybaldwin.edu](mailto:mmorgan@marybaldwin.edu)  
**Office Hours:** By appointment

***This course completes the P1 requirement for the Common Curriculum LO2***

### **Course Description**

Students engage in self-examination of personal stressors. Emphasis on the practice of stress reduction techniques. The student will construct a personal stress management plan.

*NOTE: This course is focused on the exploration of stress management and recognized stress reduction techniques that can be performed by an individual to deal with common, everyday stressors. It is outside of the scope of this course to address serious matters such as abuse, trauma, depression, or other situations that warrant the guidance and support of a medical professional.*

### **Textbook**

There is no required text for this course. All readings and resources are posted in Canvas.

### **Topics**

- Identification of Common Stressors
- Stress Reduction Techniques
  - ✓ Yoga & Relaxation Techniques
  - ✓ Hobbies & Leisure
  - ✓ Healthy Eating
  - ✓ Physical Activity
  - ✓ Sleep
  - ✓ Time Management
  - ✓ Attitude, Gratitude, & Journaling

### **Overview of Assignments**

1. Stress Identification Journal
2. Mindful Eating and Nutritional Assessment
3. Article and Video Summary Reflections
4. Online Discussions
5. Stress Management Plan (Final Exam Paper)

The entire course is asynchronous, so there are no required meeting times. Assignment due dates are available in Canvas.



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## Grading

This course uses the University-wide grading scale. All PHE classes may be taken P/NC and they do not count toward the P/NC limitation rules.

Stress Identification Journal	15%
Written Assignments and Discussions	60%
<u>Stress Management Plan (Final Exam Paper)</u>	<u>25%</u>
TOTAL	100%

## Assignment Submission Guidelines and Late Work Policy

All work must be submitted in Canvas. Do not email assignments unless you have received prior approval from the professor.

Please look at the **due dates** posted in Canvas for each assignment and add them to your personal calendar/scheduling system. **Late work will not receive full credit or feedback. Late work will not be accepted one week after the due date** unless prior arrangements have been approved by the professor.

Please verify that any assignments you submit as attachments in Canvas have uploaded completely and that you can open them from your device **before the due date**. Do not wait until the last minute – allow time to adapt to unexpected circumstances. If you experience technical issues, please contact the OIT Help Desk at 540-887-7075 or [support@marybaldwin.edu](mailto:support@marybaldwin.edu).

## Additional Course Policies and Guidelines

As an online student, you are required to activate and regularly monitor your MBU-issued email account. This account will be used for course communication.

If you have a confidential question of a personal nature that you do not wish to post in the shared course discussion forum, please email the professor. A phone call or video meeting can be arranged, if needed.

It is understood that many of you may be working, have families, or be impacted by unusual circumstances due to COVID-19. If you are having issues because of difficult situations, please contact the professor as soon as possible to coordinate a plan. Early communication is key.

Extensions are not offered for this summer section of the course.

## MBU Honor Code and System

All students are expected to follow the Mary Baldwin University Honor System.



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Mary Baldwin students pledge to uphold the Honor Code. They pledge to refrain from cheating on assignments, papers and tests, to refrain from plagiarism, and always to be honest in their dealings with faculty, staff and other students. To maintain the integrity of the system, students, faculty and staff who witness Honor Code infractions are expected to report them.

<https://go.marybaldwin.edu/student/sga/honorcode/>

Should the professor become aware of an Honor Code offense in this course, she will encourage the student(s) to self-report by e-mailing the Honor Council chairwoman or by filing an incident report. If the student(s) does not self-report within 24 hours, the professor will submit the report herself.

[https://cm.maxient.com/reportingform.php?MaryBaldwin&layout\\_id=9](https://cm.maxient.com/reportingform.php?MaryBaldwin&layout_id=9)

If the Honor Code offense is related to a course assignment, the assignment will not receive an official grade until the Honor Council investigation (and, if necessary, hearing) is complete. The professor will not assess a grade penalty for an Honor Code infraction unless a student is found responsible by (or admits responsibility to) the Honor Council.

### **Accessibility Information**

Accessibility Services: Any student with documented accessibility needs who feels they may need academic accommodations while taking this course, should first contact Dr. Carey Usher, Associate Provost ([cusher@marybaldwin.edu](mailto:cusher@marybaldwin.edu), 540-887-7064) or [Accessibility@marybaldwin.edu](mailto:Accessibility@marybaldwin.edu).

### **The Academic Resource Center**

The ARC is your one-stop-shop for writing, math, and all other subject and studentship tutoring. Residential students can meet with tutors virtually or face-to-face in the Center for Student Success, on the first floor of Grafton Library. Online and remote students can work virtually with tutors on papers, assignments, and test-taking strategies. Appointments are scheduled through TutorTrac ([tutortrac.marybaldwin.edu](http://tutortrac.marybaldwin.edu)). For more information, contact Dr. Carey Usher, Associate Provost [cusher@marybaldwin.edu](mailto:cusher@marybaldwin.edu), 540-887-7064 or [ARC@marybaldwin.edu](mailto:ARC@marybaldwin.edu)