

LSC Use Only No:	LSC Action-Date:	UWUCC USE Only No.	UWUCC Action-Date:	Senate Action Date:
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Curriculum Proposal Cover Sheet - University-Wide Undergraduate Curriculum Committee

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Proposing Department/Unit Psychology	Phone 724 357-2426

Check all appropriate lines and complete information as requested. Use a separate cover sheet for each course proposal and for each program proposal.

1. Course Proposals (check all that apply)

New Course Course Prefix Change Course Deletion
 X SOR Course Revision Course Number and/or Title Change Catalog Description Change

PSYC 374 Stress and Coping

Current Course prefix, number and full title *Proposed course prefix, number and full title, if changing*

2. Additional Course Designations: check if appropriate

This course is also proposed as a Liberal Studies Course. Other: (e.g., Women's Studies, Pan-African)
 This course is also proposed as an Honors College Course.

3. Program Proposals

New Degree Program Program Title Change Other
 New Minor Program New Track Catalog Description Change Program Revision

Current program name *Proposed program name, if changing*

4. Approvals		Date
Department Curriculum Committee Chair(s)	<i>Walter Reed</i>	2/2/09
Department Chair(s)	<i>Mary Lou Zanich</i>	2/20/09
College Curriculum Committee Chair	<i>[Signature]</i>	02/27/09
College Dean	<i>John D. [Signature]</i>	3/19/09
Director of Liberal Studies *		
Director of Honors College *		
Provost *		
Additional signatures as appropriate: (include title)		
UWUCC Co-Chairs	<i>Gail Sedquist</i>	3/17/09

* where applicable

Received
 MAR 09 2009
 Liberal Studies

COURSE SYLLABUS

PSYC 374, Stress & Coping

Catalog Description

3c – 0 – 1 – 3cr

Prerequisite: PSYC 101

Fundamental concepts and findings in stress and stress-related disorders. Relationships of stress to disease and methods for coping with stress are presented.

General Aims and Outcomes

This course is designed to provide an introduction to theories and research on stress and coping. Although we will not cover everything there is to know about the literature on coping with stressful life events, this course will present you with a good background into important issues in this area, and a solid foundation from which you can learn more about the topic.

Through textbook chapters, additional readings, outlines and supplemental lectures, your research presentation, analysis of a movie character, and discussions we will explore all forms of stress in contemporary life ranging from typical, mundane yet irritating, daily hassles to the extreme of experiencing and surviving (!) trauma of severe criminal victimizations, disasters, and wars. Of course, everything between the two bounding extremes will not escape our attention either!

The primary goal of this course is to provide valuable, scientifically based information about stress and coping, as well as the health implications of these psychological and social phenomena. It is hoped that this information will be meaningful in the context of students' life experiences.

STUDENTS COMPLETING THE COURSE WILL BE ABLE TO:

- * Recognize the difficulties inherent in conducting psychological research on stress and coping
- * Understand the scientific bases of professional psychology
- * Critically evaluate the merit of studies too hastily reported in the media concerning psychological, social, and behavioral factors in stress, health and illness

- * Recognize the multifaceted nature of stress experience in terms of its biological, psychological, social and cultural underpinnings
- * Understand various pathways through which our own cognitions and behaviors, as well as the cognitions and behaviors of those around us, influence the stress process
- * Critically assess conventional worldviews regarding stress as individual, not collective, enterprise; worldviews that are responsible for never-ending Lone Ranger folklore and expectations about coping (e.g., pulling oneself up by one's bootstraps) and victim blaming (e.g., "people get what they deserve")

- * Recognize difficulties and complexities in helping others coping with stress
- * Understand that the foundation for successful coping is self-efficacy ("I can do it...") and social support ("... with a little help from my friends")
- * Critically evaluate "self-help" and other popular "stress-management" ideologies or programs

Basic Course Outline

CONCEPTS, TYPES, and MEASUREMENT OF STRESS and STRESSORS

METHODOLOGY of STRESS RESEARCH

THEORIES OF STRESS

PHYSICAL, PSYCHOLOGICAL, & SOCIAL WELL-BEING OPERATIONALIZED

THE KEY RESOURCES:

 COPING STYLES AND COPING STRATEGIES

 SOCIAL SUPPORT

 THE SELF (e.g., SELF-EVALUATION, SELF-ENHANCEMENT, SELF-EFFICACY)

 COGNITIONS (e.g. ATTRIBUTIONAL STYLES, SOCIAL COMPARISONS)

 PERSONALITY (e.g., TYPE A & B, BIG FIVE)

TRAUMATIC STRESS and PTSD

STRESS-RELATED GROWTH

BUILDING RESILIENCE