The University of Oklahoma  
College of Continuing Education  
Advanced Programs – Course Syllabus

Course Title: 
Stress Management

Course Number: 
HR 5113-103

Course Description: 
Stress is inherent in life. Existing is synonymous with adapting to change, solving problems, and coping with stress. Stress has an upside and a downside. The upside of stress is that it stimulates, makes life interesting, and impels one to superior performance and achievement. The downside is that stress, when excessive, leads to discomfort, pain, emotional disintegration, and even physical debilitation. Effective living requires that one learn to cope effectively and manage stress so that it is a positive rather than a negative force. This course will review the biological, psychological, and sociological aspects of stress. Effective coping strategies will be demonstrated.

Class Dates, Location and Hours: 

Dates: September 10-16, 2012  
Location: Nellis AFB, Las Vegas, Nevada. See Site Director for classroom location.  
Hours: Mon-Fri: 6:00-9:30, Sat: 8:00 am - 4:30 pm: Sun 8:00 am-12:00  
Last day to enroll or drop without penalty: August 12, 2012

Site Director: 
Megan Fitzpatrick Meneses. Phone: 702-643-5354; E-mail: apnellis@ou.edu

Professor Contact Information: 
Course Professor: C. Eugene Walker, Ph.D.  
Mailing Address: 1133 N Bankside Circle  
Edmond, OK 73003  
Telephone Number: (405)341-7399  
Fax Number: (405)341-7399 Call First  
E-mail Address: genewalker@iname.com  
Professor availability: The professor will be available via e-mail to students before and after the class sessions. On-site office hours are half an hour before and after each class session, by appointment.

Textbook(s) and Instructional Materials: 
Student materials are available at the Follett/AP Bookstore located in the Oklahoma Memorial Union, 900 Asp Ave., Norman, OK. Orders can be placed online at www.oklahomaunion.bkstr.com or by telephone at 866-369-9713 (toll free in the U.S.) or 405-325-5960 (outside the U.S.). E-mail orders may be sent to oklahomaunion@bkstr.com. Representatives are available from 8 a.m. to 6 p.m. CST Monday through Thursday and 8 a.m. to 5 p.m. CST on Friday. Summer hours: 8 a.m. to 4 p.m. CST. Faxed orders may be placed 24 hours a day to 866-223-5607 (toll free in the U.S.) or 405-325-7140 (outside the U.S.).


Note: The Follett/AP Bookstore is the Advanced Programs contractual textbook provider. Should text changes become necessary after publication of the course syllabus, Advanced Programs will facilitate text returns/refunds only for texts purchased through the Follett/AP Bookstore.
Course Objectives:
This class will enable the student to:
- become familiar with the basic research and theories regarding stress;
- learn to identify symptoms of stress;
- participate in selected class exercises designed to amplify concepts covered in lectures and text;
- develop skills and effective coping strategies for stress management; and
- discuss concepts of stress and coping with others.

Assignments, Grading and Due Dates:
1. Before class begins, in the course text, you should read the foreword, preface, and Chapters 1, 2, 3, 4, 6, 7, 9, 12, 13, 14, 15, 16, 17, 18, 19, 20, 22, 23, 24, and 26. For each chapter, write a one or two paragraph summary of the contents of the chapter and prepare two questions you could use, if called upon, to lead a class discussion on the contents of the chapter. These summaries and questions will be turned in at the end of the course.

2. Selected exercises and other activities will be completed in class.

3. You should be familiar with assigned reading material and prepared to discuss concepts in class.

4. Depending on the grade you wish to receive, you may make a 10 to 20 minute presentation to the class on a selected topic dealing with stress and coping. This presentation may be on any aspect of stress management but must be approved by the instructor. You may contact the instructor via phone or email for approval before the class begins or in person during the class.

5. Class activities will include lecture, discussion, and group exercises.

Grading: This is a letter-graded course: A, B, C, D or F. Grading in this course will be according to the following scale:
- A = 90-100 Points
- B = 80-89 Points
- C = 70-79 Points
- D = 60-69 Points
- F = Fewer than 60 Points

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<thead>
<tr>
<th>Assignment</th>
<th>Due Date</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Chapter summaries and questions</td>
<td>During class sessions</td>
<td>40</td>
</tr>
<tr>
<td>Class Attendance and Participation*</td>
<td>During Class Sessions</td>
<td>30</td>
</tr>
<tr>
<td>Class Presentation (Number 4 above)</td>
<td>During Class Sessions</td>
<td>20</td>
</tr>
<tr>
<td>Quality of exercises completed in class</td>
<td>As Directed by Professor</td>
<td>10</td>
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* Each class attended equals two points (8 class sessions = 16 points); leading class discussion when called upon equals fourteen points (16 + 14 = 30 total points).

NOTICE: Failure to meet assignment due dates could result in a grade of I (Incomplete) and may adversely impact Tuition Assistance and/or Financial Aid.
POLICIES AND NOTICES

Attendance/Grade Policy

Attendance and participation in interaction, individual assignments, group exercises, simulations, role playing, etc. are valuable aspects of any course because much of the learning comes from discussions in class with other students. It is expected that you attend all classes and be on time except for excused emergencies.

Excused absences are given for professor mandated activities or legally required activities such as emergencies or military assignments. Unavoidable personal emergencies, including (but not limited to) serious illness; delays in getting to class because of accidents, etc.; deaths and funerals, and hazardous road conditions will be excused.

If you are obtaining financial assistance (TA, STAP, FA, VA, Scholarship, etc.) to pay all or part of your tuition cost, you must follow your funding agency/institution’s policy regarding “I” (Incomplete) grades unless the timeline is longer than what the University policy allows then you must adhere to the University policy.

Students who receive Financial Aid must resolve/complete any “I” (Incomplete) grades by the end of the term or he/she may be placed on “financial aid probation.” If the “I” grade is not resolved/completed by the end of the following term, the student’s Financial Aid may be suspended make the student ineligible for further Financial Aid.

Students are responsible for meeting the guidelines of Tuition Assistance and Veterans Assistance. See the education counselor at your local education center for a complete description of your TA or VA requirements.

Academic Honesty

Honesty is a fundamental precept in all academic activities and … [you] have a special obligation to observe the highest standards of honesty. Academic misconduct in any form is inimical to the purposes and functions of the University and is therefore unacceptable and is rigorously proscribed. Academic misconduct includes:

- cheating (using unauthorized materials, information, or study aids in any academic exercise), plagiarism, falsification of records, unauthorized possession of examinations, intimidation, and any and all other actions that may improperly affect the evaluation of a student’s academic performance or achievement; assisting others in any such act; or attempting to engage in such acts.

All acts of academic misconduct will be reported and adjudicated as prescribed by the student code of the University of Oklahoma. All students should review the “Student’s Guide to Academic Integrity” found at http://www.ou.edu/provost/integrity

Accommodation Statement

The College of Continuing Education [Advanced Programs] is committed to making its activities as accessible as possible. For accommodations on the basis of disability, please contact your OU Site Director.

Course Policies

Advanced Programs policy is to order books in paperback if available. Courses, dates, and professors are subject to change. Please check with your OU Site Director. Students should retain a copy of any assignments that are mailed to the professor for the course. Advanced Programs does not provide duplicating services or office supplies.

Copyright

Any and all course materials, syllabus, lessons, lectures, etc. are the property of professor teaching the course and the Board of Regents of the University of Oklahoma and are protected under applicable copyright.

For more information about Advanced Programs, visit our website at: http://www.goou.ou.edu/
INSTRUCTOR VITA  
C. Eugene Walker, Ph.D.

Education
- 1960 BS, Psychology (summa cum laude with special honors in Psychology), Geneva College.
- 1963 MS, (Major) Clinical Psychology (Minors) Experimental Psychology & Sociology, Purdue University.
- 1965 Ph.D., (Major) Clinical Psychology (Minors) Experimental Psychology & Sociology, Purdue University.

Current Positions
- President Psychological Consultants, Inc.
- Professor Emeritus University of Oklahoma Medical School

Previous Positions
- 1964- 1968 Assistant Professor of Psychology and Chairman of the Division of Psychology, Education, and Athletics, Westmont College, Santa Barbara, California.
- 1968-1974 Associate Professor of Psychology, Baylor University, Waco, Texas.
- 1974-1995 Professor and Director of Pediatric Psychology Training, University of Oklahoma Medical School and Co-Chief of Mental Health Services, Oklahoma Children's Hospital, Oklahoma City.

Frequently Taught Advanced Programs Courses
- HR 5093 Introduction to Graduate Study in Human relations
- HR 5013 Current Problems in Human Relations
- HR 5113 Stress Management

Representative Publications and Presentations

Representative Honors and Awards Received
- Kenneth Cook Faculty Achievement Award, OU College of Liberal Studies, 2006
- Oklahoma Psychological Association, Distinguished Psychologist Citation, presented at the Oklahoma Psychological Association Fall Convention, Oklahoma City, OK October 25,1996.
- Society of Pediatric Psychology Distinguished Service Award, presented at the American Psychological Association Convention, August, 1996.
- Award of Appreciation from Psychology Interns, University of Oklahoma Health Sciences Center, 1995-96.
- President, Society of Pediatric Psychology, 1986.
• Gordon H. Deckert, Award for Sustained Excellence in Departmental Educational Endeavors, Department of Psychiatry and Behavioral Sciences, University of Oklahoma Health Sciences Center, 1988.
• Excellence in Classroom Teaching Award, presented by the Biological Psychology Students, Department of Psychiatry and Behavioral Sciences, University of Oklahoma Health Sciences Center, 1984.
• President of Section for Continuing Professional Development, Division of Clinical Psychology, American Psychological Association, 1974.

Major Professional Affiliations

• American Psychological Association -(Elected Fellow, 1977)
• Southwestern Psychological Association -(President, 1977)
• Oklahoma Psychological Association -(President, 1983)
• American Association for the Advancement of Science (Life Member)
• Licensed Psychologist, State of California (inactive), State of Texas (inactive), and State of Oklahoma (inactive)