



BADM 270 – STRESS MANAGEMENT 1 CREDITS

SYLLABUS

CATALOG DESCRIPTION

The course deals with coping with stress at work and home. Much time is spent on identifying stressful situations and how to manage and copy with such situations.

Prerequisites: None

Semester Offered

Common Student Learning Outcomes

Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...

BROAD AND SPECIALIZED LEARNING

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

CRITICAL THINKING

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

CULTURAL AND CIVIC ENGAGEMENT

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

EFFECTIVE COMMUNICATION

Students will exchange ideas and information with clarity in multiple contexts.

INFORMATION LITERACY

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

INTEGRATING TECHNOLOGIES

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.

Course Learning Outcomes

Upon successful completion of the course, the student will be able to...

GENERAL LEARNING GOALS

1. To understand the definition of stress and how it affects the body and mind.
2. To identify stressors in each participant's work and personal life.
3. To develop short-term and long-term strategies for coping with stress, including time-management techniques, and stress reducing exercises.

SPECIFIC LEARNING OBJECTIVES

Upon successful completion of the course, the student will be able to ... business.

1. Explain what stress is, where it comes from, and what it can do to you.
2. Recognize and identify participants' present source of stress levels.
3. Create a plan of action to minimize stress in their lives by using specific stress reduction strategies:
 - a. Positive self-esteem.
 - b. Procrastination reduction.
 - c. Physical exercises.
4. Implement time management techniques to reduce stress.