

## Wellness 242, Stress Management & Relaxation Training

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### Instructor Objectives/Goals

1. The physiological aspects of the stress response and its effects on the body.
2. The somatic changes that signal the onset of stress.
3. The difference between a Life Event and the normal stresses of daily life.
4. The differences between two stress induced emotions of anxiety and anger.
5. The effects of the thought process
  1. The importance of auto-thoughts
  2. The physiological aspect of the thought process
  3. How each aspect of the thought process applies to development of stressful thoughts
6. The difference between using a “disputing” technique vs. using a “distraction” technique and the long range result of each.
7. The development of a relaxation program to meet a specific objective of your choice.
8. The analysis of a stressful situation and application of the following management techniques:
  1. The question technique
  2. Distorted Thoughts
  3. Rational Emotive Therapy concepts
  4. The concept of “learned helplessness” in relation to the explanatory style of an “optimist” and a “pessimist” attitude
9. Use of management “tools”
10. The beneficial effects of exercise on the controlling stress

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### Meeting Instructor Objectives

To learn the above you will need to:

1. View the lessons in the correct numerical order. If you miss a televised lesson, they do repeat, or you can check out the video tape from the library. The videos are listed by lesson number with the name of the lesson also given. To view programs online go to [http://online.fullcoll.edu/index2\\_linda/index%20stress\\_managmnt.htm](http://online.fullcoll.edu/index2_linda/index%20stress_managmnt.htm)
2. Complete the weekly Practical Application Worksheet (PAW) assignments in CE6 after viewing each lesson.
3. Attend the required orientation on-campus. Check the class schedule for day, time, and classroom assignment.
4. Take the final exam online and turn in additional assignments the day of final.

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### Phone Number/E-Mail

The following phone number is direct to my office in Physical Education, Bldg. 1200, office 1220-01, 714-992-7471. I can also be reached by e-mail: [lbassi@fullcoll.edu](mailto:lbassi@fullcoll.edu) or CE6 e-mail

**Instructor Website:** go to <http://staffwww.fullcoll.edu/lbassi>

**The Class Syllabus Booklet is required** and can be purchased at the bookstore for \$5.00. It contains handouts and assignments for the class.

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### Grading Criteria

Grading is by points earned as indicated in the table below. Since most assignments are relative to individual situations, points are given for their completion rather than letter grades.

### Points per Criteria

	Points/per Assignment	Number	Total Points (from each)
**PAWS	5	10 lessons	50
Assignments	10 20	3 assignments Relaxation Assign.	30 20
Final Exam		Number of points earned on final	100
Final Grade		A = 200 -180 B = 179 – 160 C = 159 – 140 D = 139 – 120 F = < 119	

\*\* PAWS # 5, 6, 8 to be turned in at the time of the online final exam. All other PAWS to be e-mailed after viewing the broadcast lesson and before the final exam.

### Program Broadcast Locations & Channels

For cable viewing go to: [http://online.fullcoll.edu/index2\\_linda/index%20\\_stress\\_mangmnt.htm](http://online.fullcoll.edu/index2_linda/index%20_stress_mangmnt.htm)

Videos are available for viewing or checkout from the LLRC – Library Learning Resource Center

You may also see instructor for DVD checkout of stress management lessons

### Logging into CE 6

**Note:** If you are a new student, you will need to change your initial password before you can access any course that utilizes CE 6. Your user name is your eight digit student id and your six digit birth \*date is your initial password (\*mmdyy). If you are a continuing student, your password from a previous semester may be reset prior to the start of a new semester, which will require you to reset or change your password. You may verify that your password/account is working properly by going to <http://inside.fullcoll.edu/fcnet/VerifyAccount.cfm> or follow the instructions below to change your password. Once you have verified your account, you can access CE 6 at <http://distanceed.fullcoll.edu> or through the Fullerton College portal known as “MyFC”. (See instructions below).

**NOTE:** The instructions below apply only to “MyFC,” and not to \_MyGateway.\_ For information pertaining to MyGateway go to <http://mygateway.nocccd.edu>. Changing your password updates your \_FCNet\_ account which is used at Fullerton College to access (1) online courses that utilize CE 6, (2) open labs on campus, and (3) campus email accounts. For more information on FCNet accounts go to <http://fcnet.fullcoll.edu/accounts.htm>.

### To change your password use one of the methods below:

1. Go to a campus computer lab and log on. You will be prompted to change your password.
2. Contact the ACT Help Desk at [helpdesk@fullcoll.edu](mailto:helpdesk@fullcoll.edu) or call (714) 992\_7111
3. Go to: <https://myfc.fullcoll.edu>, and refer to screen shots for more information.

Access CE6 by going to <http://distanceed.fullcoll.edu>

This takes you to the homepage. You will see all kinds of icons.....click and read the information. The PAWS (Practical Application Worksheets) are to be completed after viewing the video broadcasts. The PAWS are to be e-mailed to me as an attachment. Send to [lbassi@fullcoll.edu](mailto:lbassi@fullcoll.edu) or through CE6 e-mail

Questions (FAQ's): [fonline@fullcoll.edu](mailto:fonline@fullcoll.edu)      Technical Support: <http://online.fullcoll.edu>