College of Charleston
EXSC 320: Special Topics: Stress Management and Mental Health
Spring 2017
Instructor: Scott Barnicle, PhD
barniclesp@cofc.edu

Course Description & Objectives:

This class is designed to give students a primary understanding of stress, anxiety, anger, and other related psychology issues which can negatively affect people on a day-to-day basis. We will explore the basis of stress, historical research and theory, effective coping strategies, methods to best prevent future stresses.

Other components of the class will include exploration of the history of the field of mental health and current trends in mental health professions (mental health counseling, psychiatry, social work, etc…). The primary goal will be to provide students with information and coping strategies need to effectively handle stress in our day-to-day lives. Through the various class projects and activities, you will have plenty of opportunities to try out the many stress management strategies to see which is the best fit for you!

Schedule:  
Weeks 1-3: Introduction to Stress and the Mental Health Field  
Weeks 4-6: Causes of Stress, Common Stressors, & Effects of Stress  
Weeks 7-10: Behavior Modification, Self-Confidence, & Coping Strategies  
Weeks 11-13: Other topics of Stress and Mental Health

This class will not be using a textbook. Instead, there will be specific powerpoint presentations for each week, as well as related journal and research articles to be read. Please keep up with the readings and presentations, as this is the material which will be on the exams, and is meant to be used to complete the assignments and discussion questions. Some of the material may also be audio or video format, and also can be adjusted to meet the needs of any students with disabilities. Please notify me if you have any trouble viewing, hearing, or properly receiving the information.

Evaluation:

- 1 Exams totaling 100 points
- 4 Written assignments totaling 200 points
- 10 Weekly discussion questions/responses totaling 300
- Potential extra-credit with a maximum of 25 points
Grading Scale:  

**CLASS TOTAL OF 600 POINTS**

**Exams:**
Final Exam = 100 points

***Subject to Change***

**Assignments:**
- Introduction Essay: 20 points  Due Date: Jan 29th by 11:59pm
- Faulty Thinking Project: 50 points  Due Date: Feb 26th by 11:59pm
- Relaxation Techniques: 50 points  Due Date: Mar 26th by 11:59pm
- Stress Diary: 80 points  Due Date: Apr 30th by 11:59pm

Each of these assignments will be detailed and explained once the course begins. Date and time are subject to change.

**Weekly Discussion Questions/Responses:**
Over the course of the class, students will be required to post a weekly reflection or thought on the OAKS discussion board. This can be in the form of a question, or a response to the instructor’s weekly question. These will be due by 11:59pm on **Sunday** at the end of each week. These responses must be well thought out, and consist of at least 2-3 paragraphs. These will be kept between the student and the instructor, will not be seen by other students, and is meant to address specific thoughts, concerns, or questions the student has with the field of mental health.

**Extra Credit:**
Extra credit is available, with a maximum of 25 points. You are not required to do any extra credit and have the option to do one or both parts. All extra credit is due by 11:59p on the Friday before finals week. Specific instructions will be available on the website when finalized.

**Center for Student Learning:** I encourage you to utilize the Center for Student Learning’s (CSL) academic support services for assistance in study strategies, speaking & writing skills, and course content. They offer tutoring, Supplemental Instruction, study skills appointments, and workshops. Students of all abilities have become more successful using these programs throughout their academic career and the services are available to you at no additional cost. For more information regarding these services please visit the CSL website at [http://csl.cofc.edu](http://csl.cofc.edu) or call (843)953-5635.

Please include your name & title of **EXSC 320**, and title of the assignment in question when sending an e-mail. I try to get responses within 24 hours.
This document signifies that the student has read, understood, and agree to the detailed expectations and limitations of EXSC 320, as detailed by Scott Barnicle, PhD, Adjunct Professor & course instructor.

Student Name: __________________________________________
Date: ___________________________________________________