

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Stress & Coping

Course Abbreviation and Number: PSY 1550

Credit Hours: 3

Course Type: Lecture

Course Description: Students will demonstrate an understanding of the sources of common kinds of stress and the terminology associated with the areas of both stress and coping. They are expected to engage in critical thinking involving the physiology of stress and the understanding that certain situations are stressful to some and not others. Students will distinguish effective coping mechanisms from maladaptive, self-defeating approaches. Students are expected to apply what they have learned to their own lives.

Eligibility: ENG 1510 without supports or Corequisite: ENG 1510 with supports.

Student Learning Outcomes:

1. Apply concepts and theories related to studies on stress to analyze human behavior.
 2. Demonstrate knowledge of major concepts, models, and issues of at least one discipline in the social sciences.
 3. Demonstrate understanding of the methods social scientists use to explore social phenomena, including observation, hypothesis development, measurement and data collection, experimentation, evaluation of evidence, and employment of mathematical interpretive analysis.
 4. Demonstrate knowledge of common institutions, practices, or policies, and how they have affected different social groups or individuals in society.
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Topics Covered:

- Sources of stress
 - Issues of control and stress
 - General adaptation syndrome
 - Cognitive theory of stress
 - Coping strategies
 - Stress related illness
 - Immune system and stress
 - Gender and health
 - Culture and health
 - Lifestyle and health
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Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)
- [Accessibility Services](#)
Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.
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Effective Date: Fall 2021