Scheduling Stress: A Study of the Stresses of a College Students’ Schedule. HANDOUT

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Available at: https://works.bepress.com/kate_magsamen-conrad/12/
Identify the leading sources of stress for college students.

Convey an understanding of the concepts of stress, perception, strain, long-term outcomes, coping, & relaxation.

Discuss and convey an understanding of the stress process. Students will also be able to identify the components of the stress process and provide examples in each component.

Identify and discuss the potential harmful effects of stress, including physical, emotional, psychological, occupational, and societal effects.

Identify best practices for addressing interpersonal conflicts, academic stress, financial stress, and effective management of time.

Discuss the relationships between unresolved stress, depression, and anxiety.

Describe effective means for coping with grief, loss, and trauma.

Discuss the role of social support and spirituality in managing and coping with stress.

Demonstrate an understanding of various coping techniques.

Critically assess the impact of various lifestyle choices on one’s potential for and perception of stress.

Describe the relationship
<table>
<thead>
<tr>
<th>Date</th>
<th>Class Topic</th>
<th>Assignment</th>
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| Week 1 | Syllabus Overview  
Discussion: Identify what stresses you out | |
| Week 2 | Defining Stress  
Stressors Unique to College Life  
Sources of Stress | List all involvements  
(jobs, organizations, classes..etc) |
| Week 3 | Signs and Symptoms of Stress  
Class Activity: Testing Your Ability to Balance | Journal Entry 1 |
| Week 4 | Creating a Plan of Action (Calendar Events) | Journal Entry 2 |
| Week 5 | Discussion: Do your Values match your Priorities?  
Stressor Assessment (Individual Breakdown) | Journal Entry 3 |
| Week 6 | Class Activity: Time Management  
Discussion: How much time do we really have? | Personal Assessment Tracker Due. |
| Week 7 | Coping Strategies  
Unhealthy vs. Healthy | Journal 4 |
| Week 8 | Discussion: What is personal time for you?  
The Role of Personality in Stress Management | Journal 5 |
| Week 9 | Using Social Support to Mitigate Stress  
Group Activity | Assessment Tracker review |
| Week 10 | Mental and Physical Health impacts of unresolved stress  
Discussion: How has mental health impacted you? | Journal 6 |
| Week 11 | Group Activity: Biting off more than one can chew! | Journal 7 |
| Week 12 | Work Day: Individual Meetings (Time pre-scheduled) | |
| Week 13 | Positivity Challenge  
Discussion: What does it mean to live a healthy lifestyle? | Journal 8 |
| Week 14 | Group Work Day: Project Checks | Handout..etc. |
| Week 15 | Presentations | |
| Week 16 | Presentations | |

This handout was prepared by undergraduate students as part of a Health Communication Class project and presented at DCHC: Magsamen-Conrad, K., Dillon, J. M., McDonough, K., Morris, A., Oehler, N., Slusser, K., Bellman, S., Gibbs, I., & McKinney, M. (2015, April). Scheduling Stress: A Study of the Stresses of a College Students' Schedule.