

IND-1264A:

Art & Science of Stress Management for Teachers

Course Syllabus

- **Instructor: Dr. Maryam Torbati**
- **Number of Credits/Units: 3 Semester Credits/Units**
- **Format: Online Self-Paced Course**
- **You will have 6 months from your date of registration to complete the course.**

Course Description:

There is a critical need for stress management for teachers and their students. We do teach for learning and understanding, but if we have stresses and stressors, or our students are not emotionally ready, we are all killing our efforts. At the start of a new school year, things can be daunting for even the bravest of students. It is a new routine with unfamiliar teachers, classmates, and subjects. For some students, the uncertainty and stress can be overwhelming. If not addressed, anxiety may manifest itself as physical symptoms, such as headaches, stomachaches, or extreme fatigue. In some cases, a professional counselor may be needed.

A primary goal in this stress management independent study course is to determine the aspects of a situation to which an individual is stress target specific. This goal is most easily realized by identifying the physiologic, emotional, and intellectual response cues to stress, and pinpointing the specific occurrence. The types of stress, warning signs, coping strategies, and techniques in reduction of stress in our everyday life will all be covered.

Course Topics:

1. The nature of stress
2. Types of stress
3. What is stress management
4. Effects of stress in learning and teaching
5. Goals of stress management
6. Types of stress management
7. Stress and human conditions
8. Factors that influence stress management
9. Psychological aspects of stress

10. The two main emotions of stress
11. Coping strategies
12. Relaxation techniques
13. How stress management ties to CCSS

Course Objectives:

By the end of the course, students will be able to:

- Accept stress as a fact in life
- Accept stress as a fact in our classrooms
- Understanding stress in learning & teaching
- Understand that stress need not be an enemy.
- To understand the effects that stress has on the body.
- To understand the effects that stress has on the mind.
- Be able to identify the symptoms of stress.
- Identify personal ways to deal with stress.
- Have a greater self-awareness.
- Be able to truly relax.
- Understand the relationship between relaxation and stress
- Identify barriers that interrupt stress management.
- Demonstrate stress management skills.
- Identify the various types of stress management.
- Become aware of the latest research in stress management.
- Experience less stress as a teacher.
- Overcome self-induced stress.
- Practice stress reduction techniques.
- Engage learning techniques that can be used with children to develop effective stress management within the classroom.
- Practice stress management skills.
- Review and analyze strategies that support stress free teaching and learning.
- Prepare activities that stress management.
- Organize the classroom environment to maximize stress free instruction.
- Specify classroom conditions that promote stress management.
- Identify possible causes of classroom stress.
- Identify ways that technology can be used to assist a teacher in stress management.
- Demonstrate a deep knowledge of stress management techniques.

- Discuss and identify what stress management strategies align to common core standards.
- Develop, expand, or adapt effective and practical stress management lessons.
- Implement appropriate stress management styles in different settings like reading, language arts, math, science, social studies, and many other subjects.
- Describe how proper stress management skills can help ELD & Special Ed students.
- Understand the holistic nature (mind-body-spirit) of stress management and comprehend the mind-body connection of the stress and disease process
- Master the basic understanding of the physiological mechanisms responsible for the fight-or-flight response and subsequent manifestations of various symptoms of target organ dysfunctions.
- Understand the importance of using effective coping skills to resolve stressful perceptions and gain a sense of wholeness and inner peace by using these skills.
- Learn about and experience several relaxation techniques and learn to integrate these techniques into your daily living habits to help you control stress and tension.
- Participate in all class discussions and relaxation techniques.
- Summarize the importance of stress management in the classroom.
- Formulate questions about aspects of stress management.
- Analyze how learners learn to be effective stress managers.
- Create appropriate materials to teach stress management.

Textbooks - Read One of the Following Books:

- [Getting Things Done: The Art of Stress-Free Productivity \(Paperback\)](#). By [David Allen](#) (Jan 2015).
- [The Myth of Stress: Where Stress Really Comes From and How to Live a Happier and Healthier Life](#) by [Andrew Bernstein](#) (May 4, 2019).
- [Stress Free for Good: 10 Scientifically Proven Life Skills for Health and Happiness](#) by Frederic Luskin and Ken Pelletier (Dec 27, 2019)
- [Stress Relief Today: Causes, Effects, and Management Techniques That Can Improve Your Life!](#) by [D. K. Jefferson](#) (Mar 14, 2018)

- [Mindfulness-Based Stress Reduction Workbook](#) by [Bob Stahl Ph.D.](#), Elisha (2017)
- [Comprehensive Stress Management](#) by [Jerrold S. Greenberg](#) (Dec 3, 2018)
- [Strong Teens - Grades 9-12: A Social and Emotional Learning Curriculum](#) (Strong Kids Curricula) 2018 by [Kenneth Merrell Ph.D.](#) (Author), [Dianna Carrizales-Engelmann Ph.D.](#) (Author), [Laura L. Feuerborn Ph.D.](#) (Author), [Barbara A. Gueldner Ph.D.](#) (Author), [Oanh K. Tran Ph.D.](#) (Author), [Hill Walker Ph.D.](#) (Foreword)
- Crisis in Education: Stress and Burnout in the American Teacher (Jossey Bass Education Series) 1st Edition 2018

Course CCSS Standards for the Art of Communication:

- Describe and define what is stress management.
- Recognize effective stress management.
- Recognize the lack of stress management.
- Produce stress free learning environments based on respect and mutual kindness toward one another.
- Compare and contrast different types of stress management.
- Development of critical thinking based on the best stress management strategies.
- Why the classroom must be a microcosm of global environments.

Assignments:

Assignment 1.1 Reflection and Goals

Reflect on your experience with the Art of Stress Management and describe your future goals for enhancing learning through the Art of Stress Management course.

Assignment 1.2 Art of Stress Management Book Review and Application

Required textbook choice.

Assignment 2.1: Readings/Videos to Acquaint You with Art of Stress Management

This assignment will help you to understand and reflect on what you have read about and viewed and how you can transfer this knowledge to your classroom.

Assignment 3.1: Art of Stress Management Lesson Pre-Planning

Produce creative activities for implementing the Art Stress Management in your teaching curriculum.

Assignment 4.1 & 4.2: Lesson Plan and Presentation

Create a detailed, multi-paged, 3-Day lesson plan for applying Art of Stress Management methods in your curriculum.

Create a 10-slide *PowerPoint* project based on the course readings, to present to an audience of peers.

Forum Posting

Share your experience with other course participants