

Syllabus for HWM 360

Stress Dependencies and Addictions

IMPORTANT:

This course syllabus document contains basic information of each course. **Please refer to the content pages under the Course Information module on each course site for detailed guidelines, project information, rubrics, course/university policies, and other course-related information for each course.**

Instructor Information

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Course Description

This course examines common behavioral strategies with regard to stress and its management and the use of alternative remedies for physical and emotional dependencies and addictions.

Prerequisite(s): UW Colleges BIO 101 Concepts of Biology or equivalent and UW Colleges PSY 202 Intro to Psychology or equivalent.

Course Learning Outcomes

By the end of this course, you will be able to:

- Demonstrate an understanding of the science of stress and how it affects health and wellness.
- Identify varying stress levels, triggers and stressors.
- Develop a plan of action to manage stress (e.g., modification of attitudes, behaviors, coping skills and target areas for improvement).
- Identify the criteria (stages) for substance use, abuse, and addictions.
- Recognize the role of stress in addictions and dependencies.

Technology Requirements

You need to record a PowerPoint presentation for the final project, so make sure that you have a microphone to record your narration. Also, you will use a new technology tool called Flipgrid to post your summary of your final PowerPoint presentation and respond to at least one classmate. Microphone and camera are needed to post on Flipgrid. Instruction will be provided.

Course Requirements

Readings/Viewings:

Check the **Learning Materials Module** in each lesson for assigned reading each week.

Assignments:

Different written assignments are assigned each week.

Quizzes:

A multiple-choice quiz will correspond with the assigned readings every week. The purpose of these quizzes is to reinforce key concepts and give me (as the instructor) feedback regarding student comprehension of concepts covered in the learning materials. You may have two attempts at each quiz and the best score will be recorded. Quizzes will be posted Monday through Sunday at 11:59 p.m. CST of their respective weeks.

Grading Policy

- **Assignments**
There are 12 assignments @ 20 points each for a total of 240 points.
- **Quizzes**
There are 9 quizzes @ 5 points each for a total of 45 points.
- **Discussion**
There are 3 discussions @ 5 points each for a total of 15 points.
- There is a midterm paper for 20 points.
- There is a final project for 50 points (40 points for the recorded PPT presentation, 5 points for the Flipgrid initial post, and another 5 points for the response in Flipgrid to one peer).

Grading Scale:

TOTAL Possible Points = 370 points

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	59% and lower