

# Syllabus for HWM360

## Stress Dependencies and Addictions

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**NOTE:** This syllabus document contains the basic information of this course. The most current syllabus is available in the full course.

### 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)

UWCCO BIO 101 Concepts of Biology or equivalent and UW Colleges PSY 202 Intro to Psychology or equivalent.

### Course Outcomes

Upon completing this course, you will be able to do the following:

- 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.

### Course Requirements/Components

#### 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 have one attempt at each quiz. Quizzes will be posted Monday through Sunday at 11:59 pm CST of their respective weeks.

## Grading

The following grading scale will be used to evaluate all course requirements and to determine your final grade:

<b>Activity</b>	<b>Possible Points</b>
Assignments (13 total)	20 points each (260 points total)
Quizzes (8 total)	5 points each (40 points total)
Discussions (6 total)	5 points each (30 points total)
Final Exam	50 points (40 points for recorded presentation 5 points for initial post 5 points for response to one peer)
Total	380 points

\*\* If you turn in assignments or participate in discussion late during the week, points will be deducted.

### **Grading Scale:**

A 90-100%

B 80-89%

C 70-79%

D 60-69%

F At or below 59%