

COURSE SYLLABUS

CNS 710

Leadership in Stress Management (Online Class)

Department: Counseling and Student Affairs

Course Number: CNS 710

Credit Hours: Three Semester Hours

Course Title: Leadership in Stress Management

Catalog Description: Examines the meaning of stress, its effect on the individual and the organization, how it manifests itself, and strategies for its management. Explores the organizational demands that contribute to stress and address how leaders in organizations can help provide preventive stress management.

Enrollment Restrictions for this Course: Graduate Status

Purpose of this Course: Stress is a major problem in our society today. Work stress is costing businesses billions of dollars. Individuals who take on leadership positions can better lead if they have a working knowledge of how stress affects people and various methods of how to reduce harmful stress. For some, a leadership position may contribute to a person's stress in such a way that they are ineffective as a leader. The course will teach 1) how to better manage personal stress and 2) how to contribute to stress reduction for individuals under their leadership.

Course Objectives - After completing the course, the student will be able to;

- Describe the goal of stress management
- Discuss the pioneers in the study of stress
- Discuss the "fight-or-flight" response
- Describe the general adaptation syndrome
- Discuss the relationship between stress and illness/disease
- Describe how intervention can be employed
- Discuss the relationship between stress and nutrition, noise, exercise, and social support system
- List examples of interpersonal life-situation interventions
- Discuss the relationships of anxiety, attitude, humor, self-esteem, and locus-of-control on stress
- Define and discuss different methods of relaxation
- Discuss the relationship between lifestyle behaviors and stress
- Discuss the complexity of occupational stress and its relationship to stress and disease
- Discuss the effect leadership in organizations has on personal stress of the leader
- Describe how the leader may increase or decrease negative stress among the staff of an organization
- Discuss the sources of stress for leaders
- Explain the leader's role in reducing stress in organization
- Discuss the methods of reducing negative stress in the home

Required Text: Britt, Thomas W. & Jex, Steve M. (2015). Thriving Under Stress. New York, NY: Oxford University Press.

The student will receive a series of assignments on Blackboard. Points will be assigned for each assignment and the total points earned will be converted to a letter grade. Complete details will be sent to the students via mail as well as listed on Blackboard.

Plagiarism:

The Western Kentucky University Handbook of University Life describes plagiarism as follows: “To represent written work taken from another source as one’s own is plagiarism. One must give any author credit for source material borrowed from him. To lift content directly from a source without giving credit is a flagrant act. To present a borrowed passage without reference to the source after having changed a few words is also plagiarism.” In addition, for the purpose of this course, to lift material verbatim or to paraphrase from a source and then not cite that source is unacceptable. Plagiarism will result in a score of zero (0) for that work.

Academic Integrity:

Academic integrity is an essential component of an academic community. Every student is responsible for fostering and maintaining a culture of academic honesty by making a commitment to the academic values of honesty, integrity, responsibility, trust, respect for the self and others, fairness, and justice. In addition, the students are expected to abide by the code of ethics for their professions and the student code of conduct for the university.

Violations of academic integrity include cheating, plagiarism, or lying about academic matters. Plagiarism is defined as any use of another writer’s words, concepts, or sequence of ideas without acknowledging that write properly. This includes not only direct quotations of another writer’s words, but also paraphrases or summaries of another writer’s concepts or ideas without acknowledging the write properly (i.e., citing them). Cheating includes behaviors such as giving or receiving data or information under any circumstances not permitted by the instructor. Lying about academic matters includes falsification of data or information as part of an academic exercise, or knowingly providing false information to a faculty member.

Academic dishonesty is a profoundly serious offense because it involves an act of fraud, jeopardizing genuine efforts by faculty and students to teach and learn together. Students who are determined to have plagiarized an assignment or otherwise cheated in their academic work or examination may expect an “F” for the assignment in question or an “F” for the course, at the discretion of the instructor. All incidents of cheating or plagiarism, reported by the instructor, will follow the Student Remediation Process as described in the departmental handbook. Please note: The University does use web-based products to detect plagiarism.

Disability:

Students with disabilities who require accommodations (academic adjustments and/or auxiliary aids or services) for this course must contact the Office for Student Disability Services, DSU.