

DRD 352: Stress Management for Academic Success (Section #4202)

Course Description

This course will explore principles and techniques of stress management. It also includes topics specific to disability management.

Student Learning Outcomes

Upon completion of the course, students will be able to:

1. Integrate stress management techniques into daily life.
2. Describe the relationship between stress and disability management.

Online Mode of Instruction

This class is online and will operate through Zoom and Canvas. There is a weekly Zoom class meeting and corresponding Canvas modules. Each module will have assignments and discussions due. It will not be possible to complete this course early because there are ongoing discussion forums that require you to interact with your classmates.

Online Etiquette

The nature of an online course requires that you post and respond to your classmates in an online forum. Responses should always be respectful of others. All discussions should be kept on topic, the forums are not a place for side discussions nor for non-class related materials.

Technical Expertise

Since this is an online course, you are required to:

- Navigate Canvas
- Use the internet
- Participate in online discussion forums
- Utilize basic word processing

Technical Difficulties

If you are experiencing technical difficulties, please contact the instructor as soon as possible. Here are helpful links for Zoom and Canvas technical support:

[Media Services: Zoom](#)

[Student Help: Canvas](#)

[Canvas Student Guides](#)



Class Information:

Tuesdays from 2:00-3:00pm

March 29th- May 27th, 2022

Online [Zoom Class Meeting Link](#)

Meeting ID: 928 2031 3433

Passcode: 559439

Instructor Contact:

Christin Niederberger, M.A.

cniederberger@santarosa.edu

707.527.4371

Office Hours and Location

Tuesdays from 1:30-2:00pm

Or by appointment

Online [Zoom Office Hour Link](#)

Meeting ID: 974 3237 7501

Passcode: 066129

Course Assignments and Grading Policy

This class will use a points system to determine students' grades. Below is a list of the assignments for this class as well as the possible points for each.

Graded Activity	Points Possible
Class Participation & Attendance	25
As participation is imperative to learning, it is important that you attend all class meetings and complete all discussion posts. Attendance is worth 1 point for each Zoom class meeting. There will be weekly discussion posts that are worth 2 points each. If you are sick or are going to be absent, please e-mail the instructor. Any student with excessive absences (10% or more of class time) may be dropped from the class at any time without prior notification from the instructor.	
Homework Assignments	40
Homework assignments will be submitted on Canvas. There will be homework assignments weekly- except during midterm week. They are due by 11:59pm on the date they are due. Late work will be accepted through the last day of class and will receive ½ credit.	
Midterm Quiz	10
There will be one midterm quiz. The quiz will have about 10 questions and will be open note. The quiz will be untimed, open for one week, and you will have 3 attempts.	
FINAL PROJECT: Stress Management Strategy Presentations	25
For this project you will be asked to practice a stress management strategy and share with the class about your experience. Project guidelines will be provided in class.	
Extra Credit Opportunities	TBD
There will be a few different opportunities presented during class. A total of 5 points are possible.	
TOTAL	100

Of the total possible points earned, final course grading will be as follows:

A = 90 – 100%

B = 80 – 89%

C = 70 – 79%

D = 60 – 69%

F = 0 – 59%

Academic Integrity

Collaborating on or copying of tests or homework in whole or in part will be considered an act of academic dishonesty and result in a grade of 0 for that test or assignment. I encourage students to share information and ideas, but not their work. All written work is to be original and plagiarism of any kind will result in a failing grade on that assignment. Students who plagiarize or cheat may be suspended for one to two (1-2) class meetings by the instructor and referred to the Vice President of Student Services for discipline. Please read the college policy/procedure on academic integrity at:

<https://rightsresponsibilities.santarosa.edu/academic-integrity>.

[SRJC Writing Center Lessons on Avoiding Plagiarism](#)

[Plagiarism: How to avoid it](#)

Zoom Class Rules & Respect

- Students are expected to conduct themselves appropriately, as if they are in class.
- It is expected that the student will be attentive, and engaged. It is expected that you will pay attention during the Zoom class time, and will not be playing on your phone or computer.
- Just like an in-person class, you must raise your hand to be called on.
- All microphones will be muted by the instructor. Please do not unmute your microphone unless you are specifically asked to.
- Please be prepared for your Zoom class in a quiet environment with minimal visual and noise distractions.
- Please dress as if you are in class.
- Students may ask question in the chat room of the Zoom class, but please do not use the chat room for exchanges between classmates.
- Inappropriate language and behavior will not be tolerated.
- The best way to learn is through active participation; therefore, we respect others by being on time, listening actively, and by being polite even when we disagree with another's viewpoint.

Netiquette, or Why Is It Harder to be Polite Online?

Netiquette refers to using common courtesy in online communication. All members of the class are expected to follow netiquette in all course communications. Use these guidelines:

- Use capital letters sparingly. THEY LOOK LIKE SHOUTING.
- Forward emails only with a writer's permission.
- Be considerate of others' feelings and use language carefully.
- Cite all quotations, references, and sources (otherwise, it is plagiarism).
- Use humor carefully. It is hard to "read" tone; sometimes humor can be misread as criticism or personal attack. Feel free to use emoticons like :) for a smiley face to let others know you are being humorous.
- Use complete sentences and standard English grammar to compose posts. Write in proper paragraphs. Review work before submitting it.
- Text speak, such as "ur" for "your" or "ru" for "are you" etc., is only acceptable when texting.

Student Standards of Conduct

Students who register in SRJC classes are required to abide by the Santa Rosa Junior College Student Conduct Standards. We will conduct ourselves in a manner, which reflects an awareness of common standards of decency and the rights of others. Students who violate these standards may be suspended from two (2) classes and referred to the Vice President of Student Services for discipline. Please read the Student Conduct Standards in its entirety at: <https://student-conduct.santarosa.edu/>.

Accommodations for Students with Disabilities

If you need disability related accommodations for this class, please provide the Authorization for Academic Accommodations (AAA letter) from the [Disability Resources Department \(DRD\)](#) to the instructor as soon as possible. You may also speak with the instructor privately during office hours about your accommodations. If you have not arranged to have accommodations, you can schedule an appointment with your specialist by calling 707-527-4278.