



Class Meeting Information

Tuesday & Thursday
Late start: [March 26, 2024 to May 23, 2024](#)
9:00am-10:00am
Online via Zoom & Canvas
Meeting ID: 890 6016 4117
Passcode: 233256
[Zoom Class Meeting Link](#)

Instructor Information

[Christin Niederberger, M.A.](#)
cniederberger@santarosa.edu
707-527-4371 (voicemail only)
Office Hour before and after class or by appointment.

DRD 352: Stress Management for Academic Success

(Section #4202)

Course Syllabus

Course Description

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

Student Learning Outcomes

At the conclusion of this course, the student should 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 is a late start, online class, that operates through Zoom and Canvas. There are two (2) weekly Zoom class meetings, on Tuesdays and Thursdays, from 9:00am until 10:00am, beginning 3/26/2024 through 5/23/2024. There will also be corresponding Canvas modules with assignments and discussions. It will not be possible to complete this course early because there are ongoing discussions 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 discussion 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 Zoom class meetings
- Utilize basic word processing

Technical Difficulties

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

- [Media Services: Zoom](#)
- [Student Help: Canvas](#)
- [Canvas Student Guides](#)



Course Assignments & 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. Homework assignments will be submit through Canvas text entry or file upload.

Graded Activity	Points Possible
Class Participation & Attendance	30
As participation is imperative to learning, it is important that you attend all Zoom class meetings and complete all discussion posts. Attendance is worth 1 point for each Zoom class meeting. There will also be weekly discussion posts that are worth 2 points each. If you are sick or are going to be absent, please contact the instructor as soon as possible. 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	35
There will be weekly homework assignments due via Canvas. Assignments are due by 11:59pm on the date they are indicated due. Late work will be accepted through the last day of class and will receive no more than ½ credit.	
Midterm Quiz	10
There will be one (1) Midterm Quiz based on material covered in class. The quiz will be open note and untimed.	
Final Project & Presentation: Personal Stress Management Plan	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.	
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 zero (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:

[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: [Student Conduct](#)

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.



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