



Course Number and Title: SSC 109 Manage Stress with Mindfulness

Campus Location:

Georgetown, Dover, Stanton, Wilmington

Effective Date:

2018-51

Prerequisite:

None

Co-Requisites:

none

Course Credits and Hours:

1.00 credits

1.00 lecture hours/week

0.00 lab hours/week

Course Description:

In this course, students develop an improved sense of well-being and personal life control. The emphasis is on managing daily stressors and focuses on navigating the stressors of college life. Topics include mindfulness-based stress reduction practices such as meditation, mindful movement, and communication skills that improve interpersonal and professional relationships.

Required Text(s):

Obtain current textbook information by viewing the [campus bookstore - https://www.dtcc.edu/bookstores](https://www.dtcc.edu/bookstores) online or visit a campus bookstore. Check your course schedule for the course number and section.

Additional Materials:

None

Schedule Type:

Classroom Course

Disclaimer:

None

Core Course Performance Objectives (CCPOs):

1. Explain the roles of stress and reactivity in health and healing. (CCC 1, 2, 3, 5)
2. Examine mindful awareness through several different meditation practices. (CCC 1, 2, 3, 4)
3. Practice daily stress management techniques. (CCC 1, 2, 3)
4. Develop a stress management plan to achieve personal wellness goals. (CCC 1, 2, 4, 5)

See Core Curriculum Competencies and Program Graduate Competencies at the end of the syllabus. CCPOs are linked to every competency they develop.

Measurable Performance Objectives (MPOs):

Upon completion of this course, the student will:

1. Explain the roles of stress and reactivity in health and healing.
 1. Identify personal stressors and their emotional and physiological effects.
 2. Discuss the current literature on stress physiology.
 3. Discuss the specific emotional, physiological, and social impact of maladaptive stress mechanisms.
 4. Discuss the relationship of deliberate practice, flow, and mindfulness techniques.
2. Examine mindful awareness through several different meditation practices.
 1. Practice sitting meditation, breathing awareness, walking meditation, completing a body scan, and mindful eating.
 2. Explain and differentiate the perception of events as pleasant events, unpleasant events, and neutral events.
 3. Discuss the difference between stress reaction and stress response and how they apply to the accurate appraisal of current stressors.
 4. Calculate placement on the Social Readjustment Rating Scale (SRRS).
 5. Verbalize the effects of stress reduction interventions.
3. Practice daily stress management techniques.
 1. Explain the difference among the three types of communication styles.
 2. Demonstrate and practice managing challenging stressors using problem-focused and emotion-focused strategies.
 3. Discuss the impact of emotions on choosing effective problem-solving skills.
4. Develop a stress management plan to achieve personal wellness goals.
 1. Develop a clear stress management contingency plan.
 2. Determine how a stress management contingency plan will be implemented.
 3. Discuss how to maintain the momentum and discipline in every day mindful practices.

Evaluation Criteria/Policies:

Students must demonstrate proficiency on all CCPOs at a minimal 75 percent level to successfully complete the course. The grade will be determined using the Delaware Tech grading system:

92	-	100	=	A
83	-	91	=	B
75	-	82	=	C
0	-	74	=	F

Students should refer to the [Student Handbook - https://www.dtcc.edu/handbook](https://www.dtcc.edu/handbook) for information on the Academic Standing Policy, the Academic Integrity Policy, Student Rights and Responsibilities, and other policies relevant to their academic progress.

Core Curriculum Competencies (CCCs are the competencies every graduate will develop):

1. Apply clear and effective communication skills.
2. Use critical thinking to solve problems.
3. Collaborate to achieve a common goal.
4. Demonstrate professional and ethical conduct.
5. Use information literacy for effective vocational and/or academic research.
6. Apply quantitative reasoning and/or scientific inquiry to solve practical problems.

Program Graduate Competencies (PGCs are the competencies every graduate will develop specific to his or her major):

None

Disabilities Support Statement:

The College is committed to providing reasonable accommodations for students with disabilities. Students are encouraged to schedule an appointment with the campus Disabilities Support Counselor to request an accommodation needed due to a disability. A listing of campus Disabilities Support Counselors and contact information can be found at the [disabilities services - https://www.dtcc.edu/disabilitysupport](https://www.dtcc.edu/disabilitysupport) web page or visit the campus Advising Center.