STRESS MANAGEMENT AND WELLNESS — SMGT 1460

A. Course Description
   - **Credits:** 1.00
   - **Lecture Hours/Week:** 1.00
   - **Lab Hours/Week:** 0.00
   - **OJT Hours/Week:** 0
   - **Prerequisites:** None
   - **Corequisites:** None
   - **MnTC Goals:** None

   Identify sources, symptoms, and consequences of chronic stress for yourself and your work group. Practice stress prevention techniques to enhance wellness. Develop plans to manage personal stress and minimize workplace stress. Prerequisites: None

B. Course Effective Dates: 4/21/98 – Present

C. Outline of Major Content Areas
   - As noted on course syllabus

D. Learning Outcomes
   1. align goals with values to reduce stress
   2. analyze work and home settings for stressors
   3. assess the link among time management, goal setting, and stress
   4. assess your stress level
   5. define stress
   6. describe effects of stress on the body
   7. develop a stress relief plan
   8. explain diet benefits
   9. explain exercise benefits
   10. explain relaxation therapy
   11. explain stress relieving factors
   12. explain the general adaptation syndrome
   13. identify stress causes
   14. recognize stress symptoms
   15. set priorities in home and work life
   16. set realistic goals
17. use assertiveness skills
18. use relaxation techniques
19. use stress counseling techniques
20. write a plan for refuting irrational ideas

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

F. Learner Outcomes Assessment
   As noted on course syllabus

G. Special Information
   None noted