



COURSE SYLLABUS
PSYC 374, Stress & Coping

Catalog Description

3c - 0 - 1 - 3cr

Prerequisite: PSYC 101

Fundamental concepts and findings in stress and stress-related disorders. Relationships of stress to disease and methods for coping with stress are presented.

General Aims and Outcomes

This course is designed to provide an introduction to theories and research on stress and coping.

Basic Course Outline

CONCEPTS, TYPES, and MEASUREMENT OF STRESS and STRESSORS

METHODOLOGY of STRESS RESEARCH

THEORIES OF STRESS

PHYSICAL, PSYCHOLOGICAL, & SOCIAL WELL-BEING OPERATIONALIZED

THE KEY RESOURCES:

COPING STYLES AND COPING STRATEGIES

SOCIAL SUPPORT

THE SELF (e.g., SELF-EVALUATION, SELF-ENHANCEMENT, SELF-EFFICACY)

COGNITIONS (e.g. ATTRIBUTIONAL STYLES, SOCIAL COMPARISONS)

PERSONALITY (e.g., TYPE A & B, BIG FIVE)

TRAUMATIC STRESS and PTSD

STRESS-RELATED GROWTH

BUILDING RESILIENCE