

# Personal Stress Management



## CONGREGATED DUAL CREDIT PROGRAM:

Secondary school students will attend this class made up of only dual credit students and taught by a college instructor.

**CAMPUS:** Tri-Campus

**SEATS:** 30 students from surrounding high schools will participate

**DURATION:** 10 weeks from October 11th – December 17th

## CREDIT EARNED:

- 1 SECONDARY SCHOOL MINISTRY DUAL CREDIT – CODE: **JDC 4T**
- 1 COLLEGE CREDIT – CODE: **GENE 57**

## COURSE DESCRIPTION:

**GENE 57** – Personal Stress Management (42 hours)

This course is designed for you to plan and implement effective stress management strategies in your personal lives. You will develop an informed understanding of the nature of stress and the stress response including causes, signs and symptoms, effects and impact. The course will then focus on the development of skills to reduce the negative impact of stress and to redirect inevitable stressors towards health and well-being. Students will analyze the impact of stress in their own lives and apply stress management strategies by designing, implementing and evaluating a personal wellness plan.

## SCHEDULE:

DAY	CLASS START TIME	CLASS END TIME	Delivery	INSTRUCTOR	INSTRUCTOR E-MAIL
N/A	N/A	N/A	Alternative Delivery	Laurie Marquette-Brown	LMarquette-Brown@sl.on.ca

This course will be offered in an **asynchronous** learning format, which means there will be no real time interaction, instead, content is available for students to access when it best suits their schedules, and assignments are completed to deadlines.

As this is a 10 week fast paced course, students are still expected to meet the 42 hour class (approx. 4 hours a week) requirement.

## FOR MORE INFORMATION:

**Website:** [stlawrencecollege.ca/dualcredit](http://stlawrencecollege.ca/dualcredit)

**Email us at:** [DualCredit@sl.on.ca](mailto:DualCredit@sl.on.ca)

## IN PARTNERSHIP WITH:



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