



Syllabus

First Semester Courses in Psychology

2023-2024

Contents:

- Syllabus for Skill Enhancement Courses:
 - UAPSY4501SE1- STRESS MANAGEMENT
- Evaluation and Assessment guidelines

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ST. XAVIER'S COLLEGE
AUTONOMOUS
MUMBAI - 400 001.



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Title: STRESS MANAGEMENT

Credits: 2 (Total 30 hrs)

Course Objectives:

1. To normalise the conversation around experiencing and coping with stress in personal and work contexts
2. To examine individual responses to and impacts of stress on self and work.
3. To demonstrate practical stress prevention and reduction strategies.
4. To apply key stress management strategies in current academic context
5. To expose students to resilience building practices that can be employed in daily life.

Course Outcomes (COs):

Course Outcomes (CO) Number	Course Outcomes: On completing the course, a student will be able to	Programme Specific Outcomes (PSO)	Cognitive Level Understanding - U Application - Ap Analysis- An Evaluation - E
CO1	Describe the nature of stress, sources and its short and long term impacts on one's body, thinking, emotion, and behaviour.	PSO1, PSO2, PSO20	U
CO2	Describe the role of resilience and managing stress in maintaining personal and professional wellbeing.	PSO1, PSO2, PSO20	U
CO3	Identify and articulate stressors and their impacts in their work & personal lives.	PSO1, PSO2, PSO4	U, An
CO4	Apply key strategies to prevent stress, strengthen resilience and reduce stress in work and personal life.	PSO4, PSO20	Ap



Unit 1: Understanding Stress and Resilience (15 lectures)

Dimensions of Holistic Health & well-being
Nature, Sources, and Impacts of Stress
Responses to Stress, and Individual differences in the same.
Introduction to Managing Stress and its importance
Resilience and its role in managing stress

Unit 2 - Managing Stress & Strengthening Resilience (15 lectures)

Common Strategies of Limited Value
Practices to prevent stress and strengthen resilience:
Thought & Perception Based Strategies
Mindfulness
Emotion Focused Coping
Lifestyle Management Strategies (including Yoga)
Life and Work Management
Practices to Reduce Stress in the moment:
Relaxation [JPMR, Abdomen Breathing, Pranayam]
Time Outs, Humour, Music

List Of Recommended Reference Books

1. Davis, Stephen F.; Palladino, Joseph J. & Christopherson, Kimberly M.: Psychology. (7th ed.) Boston. Pearson Education Inc., 2013. 978-0-205-84684-9--(150Dav)
2. Duffy, Karen Grover; Kirsh, Steven J. & Atwater, Eastwood: Psychology for living : adjustment, growth and behaviour today. (10th ed.) Boston. Prentice Hall, 2011. 0-205-79036-4--(155.24Duf)
3. Feldman, Robert S.: Understanding psychology. (10th ed.) New York. Mcgraw-Hill, 2011. 0-07-122147-4--(150Fel)
4. Greenberg, J. S. (2002). Comprehensive stress management. McGraw Hill, New York
5. Nevid, J. S., Rathus, S. A.: Psychology and the Challenges of Life: Adjustment and Growth, 13 ed. Wiley, 2016.
6. Olpin & Hesson: Stress Management for Life: A Research Based Experimental Approach. 5th ed. Cengage Learning, 2021. ISBN: 13:9780357363966
7. Schafer, W. (1996). Stress management for wellness. Harcourt Brace College Publishers.

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8. Seaward, B: *Managing Stress: Principles and Strategies for Health and Well-Being*. 9th ed. Jones and Bartlett, 2017. ISBN: 13:9781284126266
9. Weiten, Wayne; Dunn, Dana S. & Hammer, Elizabeth Yost: *Psychology applied to modern life : adjustment in the 21st century*. (11th ed.) Stanford. Cengage Learning, 2015. 978-1-285-45995-0--(155.24Wei)

Evaluation (Skill Enhancement Course/s): Total marks per course – 50.

- I. Formative Assessment 'for' Learning (continuous internal assessment - CIA to improve learning).
CIA- 20 marks
- II. Summative Assessment 'of' Learning (focus on outcomes, quantitative data for outcomes of instruction).
End Semester Examination – 30 marks

Eg: Template for courses End Semester examination in Semester 1 for the Skill Enhancement course/s

UNITS	KNOWLEDGE	UNDERSTANDING	APPLICATION and ANALYSES	TOTAL MARKS- Per unit
1	4	7	4	15
2	4	7	4	15
-TOTAL - Per objective	8	14	8	30
% WEIGHTAGE	25%	50%	25%	100%

Grids for assignments/presentations are adapted according to the type of assessment.



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Syllabus

Second Semester Courses in Psychology 2023-2024

Contents:

- Syllabus for Skill Enhancement Courses:
 - UAPSY4501SE1- STRESS MANAGEMENT
- Evaluation and Assessment guidelines



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Title: STRESS MANAGEMENT

Credits: 2 (Total 30 hrs)

Course Objectives:

1. To normalise the conversation around experiencing and coping with stress in personal and work contexts.
2. To examine individual responses to and impacts of stress on self and work.
3. To demonstrate practical stress prevention and reduction strategies.
4. To apply key stress management strategies in current academic context
5. To expose students to resilience building practices that can be employed in daily life.

Course Outcomes (COs):

Course Outcomes (CO) Number	Course Outcomes: On completing the course, a student will be able to	Programme Specific Outcomes (PSO)	Cognitive Level Understanding - U Application - Ap Analysis- An Evaluation - E
CO1	Describe the nature of stress, sources and its short and long term impacts on one's body, thinking, emotion, and behaviour.	PSO1, PSO2, PSO20	U
CO2	Describe the role of resilience and managing stress in maintaining personal and professional wellbeing.	PSO1, PSO2, PSO20	U
CO3	Identify and articulate stressors and their impacts in their work & personal lives.	PSO1, PSO2, PSO4	U, An
CO4	Apply key strategies to prevent stress,	PSO4, PSO20	Ap

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	strengthen resilience and reduce stress in work and personal life.		
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Unit 1: Understanding Stress and Resilience

(15 lectures)

Dimensions of Holistic Health & well-being
Nature, Sources, and Impacts of Stress
Responses to Stress, and Individual differences in the same.
Introduction to Managing Stress and its importance
Resilience and its role in managing stress

Unit 2 - Managing Stress & Strengthening Resilience

(15 lectures)

Common Strategies of Limited Value
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Evaluation (Skill Enhancement Course/s): Total marks per course – 50.

- III. Formative Assessment 'for' Learning (continuous internal assessment - CIA to improve learning).
CIA- 20 marks
- IV. Summative Assessment 'of' Learning (focus on outcomes, quantitative data for outcomes of instruction).
End Semester Examination – 30 marks

Eg: Template for courses End Semester examination in Semester 2 for the Skill Enhancement course/s

UNITS	KNOWLEDGE	UNDERSTANDING	APPLICATION and ANALYSES	TOTAL MARKS- Per unit
1	4	7	4	15
2	4	7	4	15
-TOTAL - Per objective	8	14	8	30
% WEIGHTAGE	25%	50%	25%	100%

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