1.0 CALENDAR DESCRIPTION

Major concepts, distinctions and classes of events in the field of psychological stress and coping will be covered. Individual differences in stress-proneness and their measurement will be considered as well. Finally, contemporary mathematical and computer-simulation approaches to "stress as a process" will be addressed, and explained in non-technical terms.


Antirequisites are courses that overlap sufficiently in content that only one can be taken for credit. So if you take a course that is an antirequisite to a course previously taken, you will lose credit for the earlier course, regardless of the grade achieved in the most recent course.

Prerequisite: Psychology 2820E, or both of Psychology 2800E and 2810).

Unless you have either the requisites for this course or written special permission from your Dean to enrol in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

3 lecture/seminar hours, 0.5 course.

2.0 COURSE INFORMATION

Instructor: Dr. R.W.J. Neufeld, C.Psych., FCAHS, FAAAP
Office and Phone Number: Westminster Hall, Room 310E, (519) 661-3696
Office Hours: By Appointment or after class
Email:rneufeld@uwo.ca

TA: Monica Tomlinson: Email:mtomlin5@uwo.ca

Time and Location of Lectures: Thursdays 2:30 – 5:30 p.m., Room 8440, SSC

If you or someone you know is experiencing distress, there are several resources here at Western to assist you. Please visit: http://www.uwo.ca/uwocom/mentalhealth/ for more information on these resources and on mental health.

Please contact the course instructor if you require material in an alternate format or if you require any other arrangements to make this course more accessible to you. You may also wish to contact Services for Students with Disabilities (SSD) at 519-661-2111 ext 82147 for any specific question regarding an accommodation.

3.0 READINGS: (No Textbook Required)
See Lecture Schedule below (7.0)
Re: Topics (A) and (B):

For September 18, 2014


For September 25, 2014

Re. Topic (C):

For September 25, 2014

General, transcending Topics A through F (obligatory). Although general, you should space these readings according to the indicated completion dates.

For September 18, 2014

("Macro-measurement“ of stress response.)

For September 25, 2014

("Macro-measurement“ of stress response.)

For September 25, 2014

("Micro-measurement“ of stress response.)

Recommended, as desired/needed, for elaboration on topics (C) and (D).


Recommended, as desired/needed for elaboration on Topic (E).


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*To be scanned, and transmitted electronically to Psychology 3312F/G listserv.  
**Available on Google Scholar, through on-campus account access or lib.uwo.ca. Proxy access if off-campus*

**Additional Resource Materials** (on 2-hour reserve at Weldon Library):


**4.0 EVALUATION**

Participation, 10%; Class presentation, 10%; Paper on presentation topic, 25%; mid-term test, 20%; Final test, 35%

Note that presentation topics are chosen by the student, in consultation with the professor and teaching assistant (e.g., nature of and evaluation of popular "stress management techniques"; biological substrates, and measures; stress-susceptibility extremes (e.g., selected Psychiatric Anxiety Disorders).

Although the Psychology Department does not require instructors to adjust their course grades to conform to specific targets, the expectation is that course marks will be distributed around the following averages:

- 70% 1000-level and 2000-level courses
- 72% 2100-2990 level courses
- 75% 3000-level courses
- 80% 4000-level courses

The Psychology Department follows the University of Western Ontario grading guidelines, which are as follows (see [http://www.uwo.ca/univsec/handbook/general/grades_undergrad.pdf](http://www.uwo.ca/univsec/handbook/general/grades_undergrad.pdf)):

- **A+** 90-100 One could scarcely expect better from a student at this level
- **A** 80-89 Superior work that is clearly above average
- **B** 70-79 Good work, meeting all requirements, and eminently satisfactory
- **C** 60-69 Competent work, meeting requirements
- **D** 50-59 Fair work, minimally acceptable
- **F** below 50 Fail
5.0 TEST AND EXAMINATION SCHEDULE (See also Student Presentations below)

**September 25.** Submission of 3 proposed titles of presentation topics, in order of preference, each accompanied by a 75-word description.

Student presentations are to be scheduled (below).

**October 9. In-class test.** Format: short-answer, and essay; 1-hour duration, based on lecture and readings.

**Final Examination:** Final examination week. Format: short-answer, and essay. Based on lecture and readings. 2-hour duration; examined material is cumulative.

6.0 INSTRUCTOR AND STUDENT PRESENTATIONS

**Instructor Topics: September 4 to October 9, 2014**

A.) Overview, and historical perspective.
   Also, Discussion of possible student-presentation topics.

B.) Concepts, Distinctions and Classes of Events, with an emphasis on levels of theory, types of research, and methods of measurement.

C.) Toward Rigorous Definitions of Stress, and Stressors.

D.) Stress, Stressor, and Coping Transactions as a process: Game-theoretic and Dynamical Systems considerations.


**Student Presentations: October 23 – November 27 (No class October 30).**

Topics are to be proposed and approved by the instructor. Presentations themselves are organized along the lines of a conference symposium. There are six presentations of 25 minutes each, per class., including 5 minutes for questions and discussion. In fairness to all, strict adherence to time restrictions is essential.

A keynote reading on the topic is to be assigned the week prior to the presentation. A pdf of the reading should be sent to Ms. Faith Hennessy (fhenness@uwo.ca), who will circulate it to the 3312F listserv. If a pdf is not possible, the paper should be provided to Ms. Hennessy, who will scan it, and circulate it to the class listserv. Note that keynote readings must be other than those specifically assigned in this outline.

One week after the presentation, a two thousand, five hundred word (including references and abstract) electronic version of a paper on the selected topic should be sent to the class, via Ms. Hennessy (above), with a hard copy handed into the instructor. In addition, a copy must be submitted through the course webct. The paper should follow APA publication guidelines, including a brief Abstract, references, and possibly Appendix, as is appropriate (all within the word limit).

Example Topics (Note that in the case of broad topics, these will have to be trimmed down: (e.g., “Military Stress”, pared down to “Military Stress and Interpersonal Relations”, or “Military Stress, and Cognitive Efficiency”):

Military Stress; The vagal nervous system, and implications for stress management; Stress-management,
and physical exercise; Stress management and meditation; Stress management and relaxation exercises; Post-Traumatic Stress Disorder; Obsessive-Compulsive Disorder (Note that the American Psychiatric Association DSM IV-TR and DSM-5 enumerating anxiety disorders, is available online from UWO library services); Psychoimmunoneurology (Stress and disease, e.g., cardiovascular disorder; cancer); Stress and motor-vehicle-operation risk; Biological animal models of stress inoculation, and rearing (e.g., work of Professor Michael Meany, McGill University); specific issues in the measurement of stress; parameters of stressing situations.

Please tender 3 topics; efforts will be made to assign your most (more) preferred topic, but in the case of a tie(s), random assignment will be invoked. It is necessary that there be no deviations from the assigned schedule. We will try to assemble in each session, topics on a similar theme. Where relevant you should try to integrate material from lecture and reading material into your topic.

For relevant dates, please see Lecture Schedule below.

7.0 LECTURE SCHEDULE (Order of Instructor Topics and Student Presentations will be as stated above but dates of note are as follows):

September 4: Overview;

September 11: Historical Perspectives; Concepts, distinctions, and classes of events.

September 18: 1st half; Concepts, distinctions, and classes of events (continued);

2nd half: Discussion of proposed topics with the instructor and teaching assistant, who will be available to answer general and specific questions.

September 25: Submission of 3 proposed titles of presentation topics, in order of preference, each accompanied by a 75-word description.

October 2: Assignment of approved topics (with possible adjustment and feedback), and scheduling of presentations.

September 25 to October 2: Remaining topics by instructor.

October 9: In-class test. Format: short-answer, and essay; 1-hour duration.

Final Examination: Final examination week. Format: short-answer, and essay. 2 hour duration; examined material is cumulative, and includes reference to material from student presentations.

8.0 STATEMENT ON ACADEMIC OFFENCES

Students are responsible for understanding the nature and avoiding the occurrence of plagiarism and other scholastic offenses. Plagiarism and cheating are considered very serious offenses because they undermine the integrity of research and education. Actions constituting a scholastic offense are described at the following link: http://www.uwo.ca/univsec/handbook/appeals/scholoff.pdf

As of Sept. 1, 2009, the Department of Psychology will take the following steps to detect scholastic offenses. All multiple-choice tests and exams will be checked for similarities in the pattern of responses using reliable software, and records will be made of student seating locations in all tests and exams. All written assignments will be submitted to TurnItIn, a service designed to detect and deter plagiarism by comparing written material to over 5 billion pages of content located on the Internet or in TurnItIn’s databases. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of
the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (http://www.turnitin.com).

Possible penalties for a scholastic offense include failure of the assignment, failure of the course, suspension from the University, and expulsion from the University.

9.0 OTHER INFORMATION

Office of the Registrar web site: http://www.registrar.uwo.ca/index.cfm

Student Development Services web site: http://www.sdc.uwo.ca

Please see the Psychology Undergraduate web site for information on the following:

    http://psychology.uwo.ca/undergradresponsibilites.htm

- Policy on Cheating and Academic Misconduct
- Procedures for Appealing Academic Evaluations
- Policy on Attendance
- Policy Regarding Makeup Exams and Extensions of Deadlines
- Policy for Assignments
- Short Absences
- Extended Absences
- Documentation
- Academic Concerns
- 2011 Calendar References

No electronic devices, including cell phones, will be allowed during exams.

SUPPORT SERVICES

Students who are in emotional/mental distress should refer to Mental Health@Western http://www.uwo.ca/uwcom/mentalhealth/ for a complete list of options about how to obtain help.