



SEMINAR OUTLINE

COURSE NUMBER	DPS 59070 1802
COURSE NAME:	Five Steps to Reducing Stress
INSTRUCTOR:	Genella Macintyre
INSTRUCTOR CONTACT:	partnersindiscovery@mymts.net
DATES AND TIME:	March 23, 2019 1 Sat, 9:00 a.m. – 5:00 p.m.
SEMINAR MATERIALS:	Materials to be distributed during the seminar.

SEMINAR DESCRIPTION:

Did you know that stress can be a good thing? Ok, if that question results in a resounding “NO WAY!” then you are probably in the middle of *dis*-stressful times. If so, what do you do? This one-day seminar will focus on practical strategies of a five-step process that will help participants focus on how to both manage their particular distress levels through strategies that will minimize the stress response and initiate a relaxation response.

The seminar will cover the five steps:

1. Understand stress
2. Take stock – identify the stress and the impact on you
3. Manage the external environment
4. Manage the internal environment
5. Plan your action and action your plan

LEARNING OUTCOMES:

- Become familiar with a five-step process to managing stress
- Understand stress and its impact
- Identify the unique stress response that each of us has
- Intervene in relaxation and stress management strategies before stress escalates out of control
- Identify long-term strategies to build stress resilience.
- Complete their own stress management plan

NEXUS:

Course materials, resources and assignments will be posted on Nexus, the online course management system, supporting the delivery of this course. Please use your WebAdvisor username and password to log in to Nexus system to retrieve these materials and to access important class communication

DISCLAIMER:

Please consider this course outline as a general guide. Time constraints and other unforeseen factors may require some adaptation of the course materials.

This workshop/seminar is graded on the basis of Pass – Fail. A minimum attendance of 75% is required to receive a Pass.

Remember to complete your course evaluation immediately after this course is complete. We take your feedback very seriously and use it to continually improve our courses and programs.

- **Full time course evaluations are available on NEXUS**
- **Part time and online course evaluations will be emailed to you**

PARTICIPATION:

Participation is an important component of a meaningful learning process. Contributions to class activities, group work, and class discussion will enhance your academic success and contribute to a more positive and productive learning environment.

STUDENT HANDBOOK AND ACADEMIC REGULATION AND POLICY INFORMATION:

Please refer to the [Student Handbook](#) on the UWinnipeg PACE website for academic regulation policy information.

These policies are intended to provide general academic information. **It is the students' responsibility to read the academic policies outlined in the PACE Student Handbook for all University of Winnipeg Academic regulation and policy information.** The PACE Handbook contains important information regarding academic disciplinary policies and processes, appeals, code of conduct, and graduation.

UWINNIPEG RESPECTFUL LEARNING POLICY:

All students, faculty and staff have the right to participate, learn and work in an environment that is free of harassment and discrimination. The UW Respectful Working and Learning Environment Policy may be found online at www.uwinnipeg.ca/respect.

ACADEMIC ACCOMMODATIONS:

Students with documented disabilities, temporary or chronic medical conditions, requiring academic accommodations for tests/exams (e.g., private space) or during lectures/laboratories (e.g., note-takers) are encouraged to contact Accessibility Services (AS) at 786-9771 or accessibilityservices@uwinnipeg.ca to discuss appropriate options. All information about a student's disability or medical condition remains confidential. <http://www.uwinnipeg.ca/accessibility>.

Letter Graded	Percentage	GPA	
A+	96-100	4.50	<u>Pass/Fail</u>
A	91-95	4.00	P Pass
A-	83-90	3.75	F Fail
B+	75-82	3.50	<u>Non-Graded</u>
B	70-74	3.00	CP Certificate of Participation (75% Attendance)
C+	66-69	2.50	NC No Certificate of Participation
C	57-65	2.00	<u>Special Designations</u>
D	50-56	1.00	I Incomplete
F	<50	0.00	TC Transfer Credit
			S Standing

DISCLAIMER:

Please retain a copy of this course outline for reference purposes and/or future academic endeavor.

Note: PACE archives course outlines in PDF format for a period of five years and charges an administrative fee for archived course outline requests.