

SPRING 2020
HUMA 30: Understanding & Managing Stress Grading System
Instructor: Shireen Luna Woo

(1) Class Participation (week 2 to 10, excluding holidays and exam days) 68 points

Starting week 2 of the quarter, students will receive 4 points daily (except for holidays and exam days) for actively listening and participating in class. To earn points, you must respond to a minimum of 4 questions, or posts per week. You are expected to read all weekly lecture notes before attending the live zoom sessions. These sessions are held every Monday and Wednesday from 11:30-12:30pm. Although it is required that you attend the two scheduled weekly sessions, you may choose to attend one live session per week and listen to the recording of the other session. Please be aware, if you “DO” listen to a recorded session, or phone into the class session without video, you will **not** be able to use the chat feature and must post your responses by midnight at the end of the following week (*See the webpage link for more info on Zoom*). **Email subject line should read: “HUMA 30-Q & A, and the Date: __ (date of the class session).” All e-mails should be sent to: shireenwoo.huma30@gmail.com**.

(2) Brief class survey (Due Friday 4/17 to :shireenwoo.huma30@gmail.com) 6 points

(3) Paper on Stress ((Due 4/29 to: shireenwoo.huma30@gmail.com) 30 points

Looking at your own stress, life influences, and beliefs (western and non-western) what issues are currently causing you stress? How well do you manage your own stress? Also, how has your environment and health affected your stress? What drew you to this class and what would you like to get out of it? Please include an “ideal yet realistic” weekly plan of action for a healthy lifestyle. This should include eating healthy foods, some form of exercise (30 minutes per day is recommended), environmental changes, and de-stressing.

(4) Reflection Paper (Due 5/20 to: shireenwoo.huma30@gmail.com) 30 points

Based on review of your weekly journal entries, correctly name one technique that we learned in class that you enjoyed. Describe how you successfully applied it to a stressful situation in your life. Be as descriptive as you’d like about the situation; include how you felt both before and after the techniques. Why did you feel it was effective? Also, name a second technique that you disliked and attempted to apply to your life. Why did you feel it was unsuccessful and why did you dislike it? In addition, correctly name two breakout sessions you enjoyed and why? What did you learn about yourself and others while in the session?

The format for **both** papers is as follows:

- Typing: double spaced, 12 pt. (Times New Roman or New Courier) font
- Margins: should be no greater than 2 inches from the top of the first page and no less than 1 in. on the bottom and sides. The second page should have 1 in. margins all around.
- Length: approximately 2 pages typed; at least 500 words minimum per paper, not page
- **All papers will be graded on content, clarity, and structure, so please proof-read your papers before submitting them to me or points will be deducted.**
- Grading breakdown: Structure and clarity: 30% and Content: 70%,
- Late assignments: Will be accepted up to 7 calendar days after due date, and for up to half credit

(5) Power Point/Google Slide Presentation (Due:6/10 to: shireenwoo.huma30@gmail.com) 30 point

You will create a presentation of 6 to 8 slides based on one of the techniques you learned in class, or a different meditative technique we did not review in class. You will research the technique and find 3 “verifiable sources,” (no wikipedia or my webpage). Be sure to include: a brief history of your topic, a summary of each of your sources (one slide each), what are the researched benefits, and a learner’s guide of how to practice it.

→**Optional Extra Credit (Due 6/10 to:shireenwoo.huma30@gmail.com):** Receive 10 extra credit points for videotaping yourself teaching the above technique to a teenager or an adult for 3 minutes.

(6) Multiple choice Final (Due:6/22 by 1:00pm to: shireenwoo.huma30@gmail.com) 36 points

The open notes final is based on lecture notes and in class exercises. The exam will be posted live to my webpage the evening before the exam. Please send it to me electronically, by either downloading it, completing it and e-mailing it back or simply e-mail me the answers (for example (1) = B, (2) = C, and so on).

Grading Scale: Grading will be based on the total combined points, out of 200, from the areas above. The breakdown is as follows:

A = 180 to 200	B = 160 to 179	C = 140 to 159	D = 120 to 139	F = 119 or less
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