



# Mendocino College

COURSE LEVEL STUDENT LEARNING OUTCOMES

Term Effective: (i.e. F2007)

F-2007

Title: The Psychology of Stress and Coping  
*(limit to 50 characters including spaces)*

Discipline/Number: PSY90

Instructor  
Contact: Catherine Indermill

Date Submitted  
/Modified: 12/20/07

Units Min: <b>1</b>		Units Max: <b>1</b>		Lecture Hours: <b>1</b>		Lab Hours:	
<i>If this is a variable unit course, the relationship between earned units and any difference in expected SLOs should be explained.</i>							

### Student Learning Outcomes:

1. Recognize and understand the psychological and physiological signs, symptoms and behaviors associated with stress.
2. Differentiate between *stress response* and other similar *emotional / psychological problems*.
3. Identify various strategies that psychologists, therapists, physicians, clergy members and other care-givers have shown to be successful in relieving debilitating stress.
4. Demonstrate an understanding of cross-cultural differences in stressors and responses to stress.

Instructor(s): \_\_\_\_\_  
*(Signature)*

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*(Signature)*

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*(Date)*

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*(Date)*