



## WELL 665SB Syllabus

**Instructor: Mary Anne Leary**

**Office Location: 4-134**

**Office Hours: Sundays, 5:00 – 5:15 PM**

**Class Duration: Sundays, 9:00 AM – 5:00 PM in Building 6, Room 6202**

**Phone: 650-738-4366**

**Email: [learym@smccd.edu](mailto:learym@smccd.edu)**

**Website:**

**<http://www.smccd.edu/accounts/learym/>**

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### **COURSE DESCRIPTION:**

#### **WELL 665SB – Self-Help Stress Reduction Techniques**

Units: 0.5. Eight lecture hours for one day. In this one day class we will explore self-help stress reduction techniques that will provide support needed when dealing with challenging situations in our lives. These tools are beneficial for anyone dealing with people, particularly when sensitive awareness and clear communication is required. We will learn simple practices that help to center and ground ourselves as we open our hearts compassionately. Each participant will leave the class knowing straightforward processes they can follow to achieve balance and clarity as they deal with situations that need thoughtful attention.

**NOTE:** This course has a non-refundable materials charge of \$15. **Please bring a large towel or yoga mat to class.**

### **STUDENT LEARNING OUTCOMES:**

Upon successful completion of the course the student will be able to:

- Understand different self-help tools that can be used to reduce stress in daily life
- Begin using self-help methods to create better focus
- Know how to use movement, sound and breath to shift blockages in one's energy
- Know about natural remedies that include nutrition, aromatherapy, flower essences, self-massage, gem elixirs, herbal medicine and gain an understanding about our constitutional body type and condition.

### **TEXTBOOK AND OTHER MATERIALS:**

There are no required textbooks for this class. Written material will be given to the students.

### **ASSIGNMENTS: In order to receive credit for attending the one day class students must:**

- Full attendance for entire 8 hour class
- Active participation in class discussions, introspective exercises, Polarity Yoga, etc.
- Attention to proper sanitation and safety procedures
- Respectful interactions with fellow students and instructor as required in the wellness profession

### **CLASS FORMAT: (lecture/lab/project, etc.)**

- The class is broken up into segments with a PowerPoint presentation, interaction with fellow students, introspection through use of guided imagery and class discussion
- The class will have a morning and afternoon break along with a one hour lunch period.

## **CLASS PARTICIPATION:**

- Please turn off all cell phones, pagers, texting, and music devices during class.
- No food or drink allowed in the lab and classroom area except water in a closed container.

## **GRADING POLICY:**

This class is graded Pass/No Pass. Specifications for receiving credit for the class are listed under the assignments section.

### **Withdrawal Policy**

To withdraw from a class students should access WebSMART registration or obtain an Add/Drop form from the Office of Admissions and Records in Building 2. Official withdrawal is the responsibility of the student. A withdrawal with a refund is subject to refund deadlines. A student who does not withdraw in accordance with established procedures may receive a penalty grade. *Refer to the Student Handbook for more information.*

## **RESOURCES:**

### **DSPS**

The Disabled Student Program and Services is designed to equalize the educational opportunities for students with disabilities. Further information may be obtained from the DSPS office, Bldg 2, Room 2350. The telephone number is 650-738-4280 and Fax number is 650-738-4228.

### **Academic Integrity**

Academic dishonesty occurs when a student attempts to show possession of a level of knowledge or skill, which he or she does not possess. The two most common kinds of academic dishonesty are "Cheating" and "Plagiarism." Cheating is the act of obtaining or attempting to obtain academic work through the use of dishonest, deceptive or fraudulent acts. Plagiarism is representing the work of someone else as his/her own and submitting it to fulfill academic requirements.

### **Student Services**

Support services available to students include the Library and Learning Center (Bldg.5), Student Services, One Stop Center, Housing, Registration, Financial Aid, Placement Testing, Admissions, Counseling, DSPS, Special Programs, Health Center and CALT Labs. In coordination with the DSPS office, reasonable accommodation will be provided for eligible students with disabilities. If you do not yet have an accommodation letter, please contact the DSPS office at 650-738-4280.