

Brief Course Outline

Course Title: Stress and Psychophysiology

Course Number and Section:

PSYCHOL

3210G 550

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Disclaimer: Information in the brief course outline is subject to change. The syllabus posted on OWL is the official and authoritative source of information for the course.

Course Description:

The experience of stress is an ever-present aspect of our daily lives, and physiological alterations in response to stress are often learned and adaptive. In this discussion-based course we will cover a variety of topics that help to answer questions like: What makes experiences stressful? What happens in the human body during typical and atypical stress responses? And what are some of the long-term consequences of prolonged stress? We will explore historical and contemporary theories of stress and the resulting effects on psychological and physiological processes. The study of stress and psychophysiology commonly relies on interdisciplinary approaches, so course materials will be derived from different types of sources, and I encourage you to bring in relevant examples from your daily life.

Learning Outcomes:

1. Explain theories and methods related to psychophysiology
2. Identify consequences of prolonged stress exposure and evaluate coping mechanisms using scientific evidence
3. Review and critique empirical journal articles and understand the peer review process
4. Demonstrate oral communication skills that are clear, organized, and accessible for a broad audience
5. Draw connections between topics covered in this course and experiences in everyday life

Textbooks and Course Materials:

Assigned readings will be uploaded to OWL, there is no textbook for this course.

Methods Of Evaluation:

Assignment	Due Date mm/dd/yy	Weight - %
Weekly Quizzes	01/10/2024	20
Discussion Participation	01/10/2024	25
Article Review Presentation	02/14/2024	25

Assignment	Due Date mm/dd/yy	Weight - %
Journal Club Style Article	03/29/2024	30

In solidarity with the Anishinaabe, Haudenosaunee, Lūnaapéewak, and Chonnonton peoples on whose traditional treaty and unceded territories this course is shared.

Monday, December 11, 2023