

Module 16 Faculty Resources

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Background Information

Visit the [Psychology course homepage](#) and click through the module to see the content introduced to students within Waymaker. Click [here to see the full list of learning outcomes covered in this module](#). Click [here to access the accompanying PowerPoints](#).

This module covers information on stress and happiness. There is a special feature page, [Psych in Real Life: Habits](#), that had students examine how habitual behavior affects our daily lives.

It follows research by Wood, Quinn, and Kash related to habitual behaviors, then examines a study conducted by David Neal and Wendy Wood to learn about how much popcorn people eat somewhat aimlessly while watching a movie, even if it's stale. The page ends with helpful suggestions for creating good habits, which could lead to a great in-class discussion.

Summary of Waymaker Assignments and Discussions

Below are the assignments and discussions that come imported into your LMS with the Waymaker course. Note that all assignments are optional and can be modified, deleted, or replaced.

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Assignment

- Students are asked to do **one** of the following:
 - For one week, keep a log of all of your activities, and make a list of everything you deem as a “time waster”. Devise a strategy that may help you manage your time better.
 - For one week, make a list of everything you want to want to accomplish each day. Summarize your time management effectiveness.
 - Write a summary of a strategy or strategies that you can use to help you manage stress, based off of what you have read in the text and your own research.

Discussion

- Students are asked to do the following:
 - Answer ONE of the following questions in a discussion post of at least 200 words:
 - Imagine your 17-year old sister is about to start her first semester of college. She’s always been one to do it all, but can become easily stressed. What advice would you give her about ways to manage her stress, prevent stress, and cope with stress? Use specific theories and examples from your reading.
 - Do you know people who are happy in one way but not in others? People who are high in life satisfaction, for example, but low in enjoying life or high in negative feelings? What should they do to increase their happiness across all three types of subjective well-being?

In-Class Activities

Teaching about Stress, Stressors, and Regulating Stress using Circle of Voices

Circle of voices is a class discussion activity that pulls all students into the conversation. Application of material to personal experiences can make material stick and become more meaningful.

After teaching about what stress and stressors are, begin a discussion with students about how stress applies to their lives (or, if they don’t want to discuss themselves, the lives of people they know.

If possible, arrange students into a circle. Write the following prompt on the board:

“What is a stressor that affects you and what do you do to help decrease the effects of that stressor?”

Using a soft ball of some sort (you can get one in the CLE!), ask for a student volunteer to start the conversation. If no one volunteers, you can start the conversation. Toss the ball to the student speaking. Once that student finishes, the student throws the ball to a student of their choice and that student should either reply with comments about the previous student’s comments or answer the prompt for themselves. You should remain quiet during the conversation and take basic notes about the conversation so you can apply

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what the students say back to the text and proper terminology. For example, “When Sally talked about watching television when she gets stressed, what type of coping strategy is that? [Get a student to reply “emotion-focused coping”].

The goal is for all students to have the ball at some point during the conversation. For large classes, this may not be possible in one sitting. If you keep notes about who participated in this round you can have the students who did not participate in this session to participate in a future Circle of Voices discussion.

Pic of the Day

A pic of the day allows you to introduce a new concept – it can either be the jump start for a lecture or help to frame a class discussion. This guide includes an openly licensed picture you can use during your lecture or as a discussion prompt.



Chalkboard muscles image from Pixabay:

<https://pixabay.com/photos/man-board-drawing-muscles-strong-2037255/>, Pixabay License

Teaching Psychological vs. Physical Health using “pic of the day”

When talking about health, it is important to distinguish between being physically healthy and psychologically healthy. A good time to introduce this topic is when you discuss stress and health. As a precursor to your lecture on stress and illness, you can show this picture and ask students what they think the difference between psychological and physical health is. You could do this as a full group activity, or as a think – pair – share [See Memory Module for more info on this technique].



Image of burnout from Pixabay: <https://pixabay.com/photos/despair-alone-being-alone-archetype-513529/>, Pixabay License

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Teaching about Stress and Physical Health using “pic of the day”

Stress and emotional factors can lead to the development of many health issues. This photo can follow the one above when you introduce the effects of stress on the immune system – ask students what happens to them physically when they are under stress. While hopefully none of these students are experiencing cardiovascular or more serious health issues, most will be able to relate to the development of tension headaches.

Anticipation Guide

Anticipation Guides can be used in a variety of ways—they may be assigned to students before reading the text outside of class, at the beginning of class to kick off the lecture, or as in-class discussion questions for reflection.

Statements	Agree or Disagree?	Were you right?	Why/why not?
Happiness is a combination of both internal/personal and external elements.			
Earning a high salary will make you happy.			
Setting your goals high is one of the keys to happiness.			
People’s levels of happiness generally return to normal after both tragedies and great successes.			
Being very happy all the time is ideal.			
Major life events contribute more to stress than day-to-day events.			

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The best way to handle stress is to focus on and manage your emotions when feeling stressed.			
Being cheerful can improve your health.			

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