



SUCCESS OVER STRESS (SOS)

Success Over Stress equips students with the knowledge and skills to recognize the signs and symptoms of stress, identify triggers, distinguish adaptive and maladaptive coping techniques, and implement proactive stress prevention and management strategies.

COURSE OBJECTIVES

- Identify the leading sources of stress for college students and common personal triggers.
- Convey an understanding of the concepts of stress, perception, strain, long-term outcomes, and coping.
- Discuss and convey an understanding of the stress process. Students will also be able to identify the components of the stress process and provide examples in each component.
- Identify and discuss the potential negative health outcomes of chronic or unaddressed stress.
- Critically assess unique personal coping styles and preferences.
- Identify best practices for addressing interpersonal conflicts, academic stress, financial stress, and time management.
- Describe several different maladaptive coping styles, both cognitive and behavioral.
- Discuss the role of outlook and social support in managing and coping with stress.
- Demonstrate an understanding of various relaxation strategies.
- Critically assess the impact of sleep, nutrition, and physical activity on stress.
- Identify and access appropriate campus resources that can help students with concerns related to stress, mental health, time management, health issues, academic concerns, and other concerns.

COURSE THEMES

Stress and the Body

What are the physiological effects of stress on the body? How do healthy behaviors help us manage stress?

- The stress process and associated physiological changes
- Various health outcomes associated with unaddressed or chronic stress
- Common overlap between stress and psychological disorders
- Benefits of healthy behaviors like proper nutrition, physical activity, and good sleep hygiene

Common Sources of Stress

Many of the common sources of stress for students are explored and effective approaches to stress management are provided.

- Academic and interpersonal stress
- Time management
- Financial stress
- Transitions into and out of college
- Specific strategies for each common source

Maladaptive Coping

Our thinking styles can affect how we manage stress. Through self-reflection, students assess their healthy and unhealthy coping behaviors.

- Automatic thoughts and cognitive distortions
- Personality and thinking styles
- Unhealthy coping behaviors, like substance use and abuse and unhealthy eating patterns

Adaptive Coping Strategies

Students continue to discover individual differences in coping styles and learn new effective strategies for common stressors in college and beyond.

- Resilience research and strategies
- Perspective, gratitude, and forgiveness
- Building and utilizing a social support network
- Relaxation exercises
- Strategies for academic, interpersonal, financial, and time-related stress

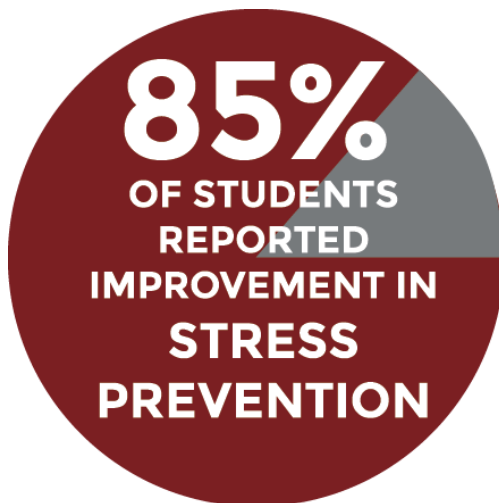
Creating a Stress Management Plan

Throughout the course, students reflect on stress triggers and current approaches and experiment with new strategies, both preventive and reactive.

- Readiness and the Stages of Change
- Identifying new strategies depending on the source of stress
- Goal-setting best practices

COURSE DATA¹

After taking the course,



¹ 2014 course evaluation data from the U of MN's Office of Measurement Services

STUDENT QUOTES

"I have found many ways to relax and calm myself down when I get stressed or worked up over something."

"This course allowed me to truly reflect on myself and the stress in my life. I think I developed better coping mechanisms for stress and better time management skills."

"I have high anxiety and this course helped improve my skills to better manage my stress so I can be successful in life."

"I think I developed better coping mechanisms for stress and better time management skills."

"I have become very in tune with the ways I react to stress and monitoring and changing these when necessary."

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