

- A-2 Describe the different kinds of research methods
- A-3 Examine key theorists and researchers in the field of stress, including Selye, Holmes and Rahe, Freud, Jung, Kurt Lewin, Maslow, and Seligman.

Understand the effects of stress on physiological systems

The student will:

- B-1 Describe stress and relaxation responses and the autonomic nervous system. Describe how the brain functions in response to stress.
- B-4 Describe the endocrine system organs that respond to stress.

- B-5 List the changes that occur in the body in response to increased secretion of the catecholamines.
- B-6 Examine the changes that occur in the body as a result of sympathetic system stimulation in response to stress.
- B-7 Discuss the relationship between stress and physical illness (e.g., cardiovascular disease, allergies, cancer).

Understand the psychological effects of stress.

The student will:

- C-1 Differentiate stress and burnout.
- C-2 Examine sources of stress and burnout, e.g., self or institutional situation, or societal at sources.
- C-3 Differentiate between stress and personality traits.
- C-4 Discuss the relationship of resiliency to stress.
- C-5 Discuss the relationship of hardiness to stress.

Understand coping mechanisms and ways to manage stress.

The student will:

