

STRESSED OUT? Wish you could Turn Back Time?

A one-credit UNIV 1820 course

Class meetings: Wednesdays, 11:15-12:30, ACD 311

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Office Hours: Tuesdays 2:00 to 3:30 pm and Wednesdays 12:30-1:00 pm

Course Description: In this course, we'll learn strategies to help us regain control of the parts of our lives that are getting out of hand (like poor study habits and leadership and time-management skills) while practicing a variety of relaxation techniques aimed at reducing stress. We will then share these techniques and strategies with the campus community and beyond.

Please note that this is a service learning course: Service learning is a teaching and learning strategy that integrates meaningful community service with instruction and reflection to enrich the learning experience, teach civic responsibility, and strengthen communities. As such, the course will require that you work closely with a variety of community partners; you will not, however, be required to travel away from campus.

One of the saddest aspects of our stress-infused lives is that we often don't have the time to reflect on, think critically about, and respond to our experiences. We will therefore practice [reflection](#) as well. The course will entail a great deal of reflection, both in class discussion and in mid-term and final exams (which are solely reflective essays).

Student Learning Outcomes: In this course, students will

- Learn, practice, and reflect on wellness strategies
- Publish (research, write, cite) and reflect on regular wellness tips
- Create a UConn Avery Point wellness Facebook page, blog, or newsletter; reflect on this project
- Design and coordinate—from planning through clean-up—a wellness fair for the Avery Point campus
 - Canvass the campus to determine students' interest as well as the best venue for the fair; this may entail attending an ASG meeting or an open forum meeting
 - Construct a business strategy for the event
 - Design a title, theme and logo
 - Create high-quality fliers, newsletters, social media messages, etc., to advertise and bring recognition to the event
 - Fundraise for a give-away
 - Suggest community partners to visit the campus
 - Set up, manage, and clean up after the event
 - Solicit students, faculty and staff to attend the day of the event

- Take pictures of planning meetings and footwork, as well as the event (lots of close-ups!)
- Plan for the continuation of the fair next year
- Reflect on the project

Topics/Weekly Schedule:

- Week 1 (Jan 18)—Music, art and play; introduction to meditation
- Week 2 (Jan 25)—Civility, kindness and vulnerability; meditation
- Week 3 (Feb 1)—Critical and creative thinking (Guest presenter/practice: Wayne Trembly, Actor/UConn Center for Excellence in Teaching and Learning)
- Week 4 (Feb 8)—Time management and studying (Guest presenter/practice: Noemi Picardi, UConn); introduction to Tibetan singing bowls
- Week 5 (Feb 15)—Meditation and Sleep (Guest presenter/practice: Christopher J. Helal, Sleep School); introduction to Yoga Nidra
- Week 6 (Feb 22)—Mental health and stigma; introduction to mindfulness breathing
- Week 7 (Mar 1)—Yoga (Guest presenter/practice: Michelle Flowers, [Center for Healing Therapies](#)); introduction to the chakras and alternate nostril breathing
- Week 8 (Mar 8)—Leadership (Guest presenter/practice: Charlie Coiro, School Chief and Instructor at [U.S. Coast Guard Leadership Development Center](#))
- Week 9 (Mar 22)—Nutrition (Rachel Swanson, wellness dietician and instructor at [Stonington Behavioral Health](#))
- Week 10 (Mar 29)— Life after Sports (Guest presenter: Anthony Malhoit, once Division I basketball player, now self-employed businessman); discussion about “identity”
- Week 11 (Apr 5)—Mindfulness (Guest presenter/practice: Amy Dechen Zezulka, [Mystic Yoga Shala](#))
- Week 12 (Apr 12)—Tai Chi and Qigong for Health and Healing (Guest presenter/practice: David Chandler, [Eagle's Quest Tai Chi Center](#))
- Week 13 (Apr 19)—Avery Point Wellness Fair/ Expo Day
- Week 14 (Apr 26)—Reflections/Final Exam

Information about grading and weekly assignments are available on HuskyCT.