

STRESS MANAGEMENT online
Mrs. Wagner
Office hours are before school or with a pass. 507-477-3235 ext 242

*YOU WILL do everything possible to allow
yourself to learn,
your classmates to learn
your teacher to teach.*

COURSE DESCRIPTION and OUTCOMES

This course is all about YOU and your future as an adult. On Mondays during the semester we will explore stress, your stressors and your stress relievers by using multiple discussions and activities. Create most of the course for yourself while finding different ways to reduce your stress and make you a healthier, happier person. Tuesdays through Fridays will be used to try out your chosen stress relieving activities.

This is an online class. But it certainly doesn't mean you can't come and see me or work in my room. You can even post questions to me that way. But a better bet would be to email me your questions as I don't check the Moodle site as often as my email.

Responsibility grades are not included in your academic grade. However, working toward a high level in each area will in turn aid your academic grade.

- A. Practice – Assignments will be complete, done well, and handed in on time.
- B. Behavior – Have a positive attitude toward class. Act and speak appropriately. Please use appropriate and formal writing when online.
- C. Engagement – Participate in class, be on time, and bring all needed materials to class.

Read the introduction and then do your assignments that are labeled by day.

Save your file into your H drive. In Moodle, browse for your file. Select it. Upload your file to Moodle.

When in the Moodle site do not use the back arrow. Use the tabs across the top of the page.

ATTENDANCE

Set a time and place with a computer where you can do your work. I will arrange so you do not have to come to class daily.

GRADING

1. Grading is done on a point basis. The lowest percentage to receive the given grade is listed below.

A 94%	B 84%	C 74%	D 64%
A- 90%	B- 80%	C- 70%	D- 60%
B+ 87%	C+ 77%	D+ 67%	F 59% and below

2. Summative Assessment (test scores, weekly journal, etc) will be 90% of your grade.

- A. You will have the opportunity to re-take summative assessments within 5 school days of the test/project date. YOU must schedule the re-take with me and have ALL formative assessments turned in. The re-take is your final score.
- B. Students in violation of the district's academic dishonesty policy will have 5 school days to complete an alternative assessment. Time and location of the alternative assessment will be set by me. Choosing to not do the alternative assessment will result in a zero.

C. Weekly journals and written tests will be 90% of your grade. Journals are due each Monday after a scheduled activity and should thoroughly tell about the activity and answer the journal questions. Upload to moodle.

Journal Writing	4	3	2	1
Retelling of experience/activity	Detailed explanation of experience; specific descriptors of observations during experience	Clear explanation of experience; objective observation of experience	Somewhat clear explanation of experience; somewhat objective observation of experience	Vague explanation of experience; non-objective of experience
Reflection/personal response	Reflects well on own work; provides many examples	Reflects on own work; provides examples	Some reflection on own work; provides few examples	Little reflection on own work; provides very few or not examples
Analysis of experience	Comprehends deeper meanings; high level of critical thinking expressed	Usually comprehends deeper meanings; some critical thinking expressed	Comprehends surface level meaning; minimal critical thinking expressed	No reflection; little or no evidence of critical thinking
Application to real world	Consistently able to apply learning to real life	Usually finds practical application to real life	Occasionally relates to life skills	Finds no practical application

3. Your planned activities and assignments will be 10% of your grade. Activities cannot be any that would be done in another high school class. Length of activities depends of activity chosen. This is your opportunity to explore a new activity that you can use to curb your destructive stress and increase your good stress (eustress). Assignments are due the day after they are assigned.

Daily Activities	4	3	2	1
Planning and research	Activities thoroughly planned and researched; willingness to try new activities;	Activities mostly planned and researched; mostly willing to try new activities	Activities usually planned and researched; occasionally tries new activities	Activities unplanned; no research; doesn't try new activities
Motivation	High degree	Some degree	Needs some prodding	Always needs prodding
Work	Able to produce high quality work	Able to produce quality work	Sometimes produces quality work	No work produced

 I understand the grading policy and classroom rules used in Mrs. Wagner's class and will do my best to see they are followed.

 student signature

 parent signature