

STRESS MANAGEMENT

Mrs. Wagner

Office hours are before school or with a pass. 507-477-3235 ext 242

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.

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.

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. Formative Assessments influence 10% of your grade.

A. Due dates along with any pertinent class information will be posted after 3:00 at my website *and* daily on the assignment board. Links are located at the school's webpage (www.hayfield.k12.mn.us) under high school teacher websites or under student resources.

B. It is your responsibility to turn in your work on time. I will not take class time to collect your homework. Place work in the top file on my desk.

C. Make sure your name is on all assignments. If I cannot *easily* figure out whose assignment is missing a name, I will place in the class's folder located in the file under the turned in assignments. It will be your responsibility to claim it, put your name on it, and return to the top assignment bin for grading.

D. Assignments turned in by the

Due Date = full credit

Deadline (5 school days after the due date) = 90% credit

8th Week Credit (before the 8th week of the quarter) = 50% credit

E. Two days will be given for make-up work if absent from class. You will *need* a make-up slip to be given any work missed.

F. Missing assignments will be reflected on JMC as LX which means it is late but does not affect your grade percentage. Your quarter grade will show as an I or incomplete on JMC.

G. Extra credit will not be given. You may see some bonus points on tests.

H. Activities cannot be any that would be done in another high school class. Length of activities depends of activity chosen.

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

4. 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 stay within your personal space. Remember YOU will do everything possible to allow yourself to learn, your classmates to learn, and your teacher to teach.

C. Engagement – Participate in class, be on time, and bring all needed materials to class.

CLASSROOM POLICIES

1. All students are expected to be in their desks when bells ring.

2. Students must come prepared with *their own materials*. Necessary materials include a writing utensil (pencil, blue or black ink pen), any assigned work or handouts, and your activity materials. If students do not bring the necessary materials, they can borrow from a friend or sit and accept the consequences.

Notebooks, pencils, and pens may be bought from me prior to class.

3. There will be NO locker passes issued.

4. Please do not comb or play with hair.

5. Food and drink are allowed ONLY during cooking labs. Chewing gum is allowed IF it is properly chewed and disposed of.

6. Please bring a box of Kleenex for all to use in the classroom.

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