Eastern Kentucky University
Department of Family & Consumer Sciences
CDF 437 Family Stress and Resilience, CRN XXXX
3 Credit Hours
Fall XXXX

Instructor:
Office:
Phone:
E-mail:

Catalogue Course Description:

Study of stressors which may affect the quality of family life and resiliency factors which families and individuals employ to cope effectively with these stressors. Current research and models of family stress and resilience are studied. Prerequisite: CDF 132 or department approval.

Required Texts:


ISBN: 0-8039-7390-X


Additional Required Resources & Materials:

- Access to visual media (e.g., internet, Netflix, EKU and/or public library)
- Assigned readings (includes any material, links, documents, etc. posted on Blackboard and/or accessible online, e.g., through the EKU libraries online database)
- Web sites and external links (posted on Blackboard and/or sent to students via e-mail)
You are required to read the assigned chapters from the text and other reading materials prior to coming to class; other reading materials will be provided by the instructor and/or posted in Blackboard.

Student Learning Outcomes:

The purpose of this course is to provide students with a basic understanding of:
- families of origin and family systems,
- family stress theories applied to stressors families experience,
- coping strategies and resources used to confront these stressors,
- resiliency theories, risk, and protective factors, and
- application by professionals of stress and resiliency theories to empower individuals and families.

Upon successful completion of this course students should be able to:
1. Demonstrate understanding of the family as a dynamic system and explain systems theories.
2. Describe and discuss family stress and resilience theories and research.
3. Apply models of family stress to analyze cases of family stress.
4. Identify factors that facilitate or prevent families from successfully coping with major stressors.
5. Explain resilience, describe traits of resilience, and discuss how resilience may be enhanced in children and families.
6. Research, develop, and present Family Life Education curriculum.

Student Learning Outcomes Connection to Standards:

<table>
<thead>
<tr>
<th>Student Learning Outcomes</th>
<th>IECE KTS</th>
<th>CAEP</th>
<th>SPA NAEYC</th>
<th>SPA CEC</th>
<th>InTASC</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Demonstrate understanding of the family as a dynamic system and explain systems theories.</td>
<td>IECE Standard 5</td>
<td>CAEP Standard 1</td>
<td>NAEYC Standard 1.b</td>
<td>CEC Standard 1.1, 6.3, 7.1, 7.2, 7.3</td>
<td>InTASC Standard 10</td>
</tr>
<tr>
<td>2. Describe and discuss family stress and resilience theories and research.</td>
<td>IECE Standard 2, 5</td>
<td>CAEP Standard 1</td>
<td>NAEYC Standard 1.b</td>
<td>CEC Standard 6.6, 7.1, 7.2, 7.3</td>
<td>InTASC Standard 10</td>
</tr>
</tbody>
</table>
### Evaluation Methods:

The gradebook feature on BlackBoard will be used and updated as required. It is the student’s right and responsibility to know his/her grade at any reasonable point that information is requested by that student. I strongly suggest you speak with me prior to dropping this course. You are always welcomed to visit me during my office hours if you need additional help with course materials. This time is specifically set
aside for you. Even if you are not having challenges in the course, I encourage you to use this time for other academic or professional matters that I may be able to assist you with.

Course grades will be assigned according to the number of possible points (500 points) accumulated during the semester:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Aligned to SLO…</th>
<th>Assignment Points</th>
<th>Total Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Midterm Exam</td>
<td>1-3</td>
<td>1 X 100</td>
<td>100 points</td>
</tr>
<tr>
<td>Final Exam</td>
<td>3-5</td>
<td>1 X 100</td>
<td>100 points</td>
</tr>
<tr>
<td>Application Assignments</td>
<td>1-5</td>
<td>10 X 10</td>
<td>100 points</td>
</tr>
<tr>
<td>Individual Project/Presentation</td>
<td>6</td>
<td>1 X 200</td>
<td>100 points</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td>500 points</td>
</tr>
</tbody>
</table>

- ✓ A= 90% and above all possible points (450-500 pts)
- ✓ B= 80% and above all possible points (400-449 pts)
- ✓ C= 70% and above all possible points (350-399 pts)
- ✓ D= 60% and above all possible points (300-349 pts)
- ✓ F= below 60% of all possible points (<299pts)

In order to pass the course, all course requirements must be completed, including attendance and class participation. There is no make-up work. Grades are based on receipt of 90%, 80%; 70%; 60% of the total points available for the term; the whole value of the number determines the grade. Grades will not be rounded up from the decimal point value. For example, an 89.67% will not be rounded up to a 90%.

**Student Progress:**
When a student is unable to complete assignments and attend class in an ongoing basis or is continually tardy/leaving early, the student should consider withdrawing from CDF 437 on or before the university scheduled drop date. Students can determine their status in the class via graded assignments on Blackboard or by a face-to-face conference with the instructor of this course.

**Attendance Policy:**
Attendance is taken at the beginning of each class. Regular class attendance and participation is expected of all students. Research indicates that students who regularly attend class are more likely to succeed. For the purposes of this course, "excused absences" include verifiable medical or family emergencies, university approved activities (accompanied by a university excuse), documentable illness (yours or your child's), and other unforeseen circumstances that the instructor deems to be reasonable excuses for an absence. Students should be prepared to document the reasons for the absence. If an absence is unavoidable, students are still responsible for all readings, work, materials, and assignments. Consult the instructor during office hours or before/after class and with classmates for information you may have missed. Check Blackboard and follow the course outline and syllabus to keep current with the course. IT IS YOUR RESPONSIBILITY TO GET CAUGHT UP ON INFORMATION YOU MAY HAVE MISSED. The attendance policy of the Department of Family & Consumer Sciences is
consistent with Eastern Kentucky University Regulation 4.1.6R. For more information visit http://policies.eku.edu/sites/policies.eku.edu/files/policies/4.1.6_student_absence_adopted_12.1.14.pdf

Excuses will be accepted only on the class period following the absence. Highlight name and dates where they appear on the excuse. In addition, print in upper right hand corner: your name (last, first), course number (including section), and dates of absences covered by excuse.

Tardiness/Leaves early. It is imperative that each person arrives on time for class and leaves at the close of class. A candidate is tardy when he/she arrives in class after class has begun. Three tardies will be counted as one absence. If the student leaves class before the instructor has dismissed class, at least three times, this will be counted as one absence.

Excused absences. Documented evidence of extreme illness, death of an immediate family member (your name listed as a surviving family member in the obituary), or participating in a university sponsored event according to EKU policy are the only absences that will be excused. No other excuses will be accepted. Doctor appointments (unless due to extreme illness), having to work, attending an event, taking another person to the doctor, having car trouble, leaving early for school holidays are examples of absences that will not be excused.

A hard copy, not an email, of a written explanation or written evidence must be submitted for each absence before the absence occurs or by the first class session attended after the absence occurs. Excuses will not be accepted after the first class period following the absence. Highlight name and dates where they appear on the excuse. In addition, print in upper right hand corner: your name (last, first), course number, and dates of absences covered by excuse. If these instructions are not followed excuse will not be considered. The instructor will keep the hard copy of the written explanation. If you need the excuse for another class, it is your responsibility to have multiple copies of it. Unless valid excused documentation (not an email) is provided for a missed test, the result will be a “0” for that particular test. All documents and absence explanations (other than receipts, e.g., from a doctor) must be computer generated and printed and submitted as hard copies.

Interruptions Or Cancellations:
In the event of interruptions/cancellations in the schedule, the instructor will notify enrolled students as soon as possible via email/REMIND texts. The instructor will inform the students of any assignments posted on Blackboard in lieu of a face-to-face class meeting.

As a courtesy, the instructor may text you information about the class. The instructor will NOT text deadlines for assignments or tests. The instructor will NOT text you directions for assignments. It is the student’s responsibility to check the syllabus and Blackboard for information. The instructor may send text regarding changes in the syllabus, changes in the schedule, or class delays due to weather.

It is optional for you to receive texts about the class. To opt in text @ekucd to this number 81010

Submission of Materials
All assignments must be typed, neat, complete, accurate, grammatically correct, and on time. Assignments are due at the beginning of class before roll-taking is completed. Late assignments will not be accepted and will result in a grade of “0”. All written materials, such as documents, assignments, and absence explanations (other than receipts, e.g., from a physician), must be computer generated and printed and submitted as hard copies. The instructor will not accept handwritten nor electronic submissions of assignments and other materials except when specified by the instructor. Staple all sheets of paper of all work with two or more sheets of paper submitted, unless otherwise specified by the instructor. Follow APA guidelines when appropriate. This is an upper division level course; therefore upper division level work is EXPECTED!

**Late Assignments**

Assignments are due at the beginning of class on the designated date unless you have a University approved absence to turn it in late. Communication is important. If I do not hear from you prior to the assignment due date, the grade will be zero. To avoid any such incidence, please plan ahead and communicate with me!

Most of the agencies that will employ Child & Family Studies graduates are private, nonprofit agencies that depend on grants to fund salaries. Grant applications must follow the granting agency’s guidelines and be turned in on time to the minute or they will not be considered for funding. Think of assignments as grant applications. If they are turned in a minute late, they will not be considered for grading (funding). If the guidelines for the assignment are not followed, the grade (salary) will be lowered.

**Sensitive Nature of CDF Courses**

Given the dynamics of individual, relational and familial development, CDF courses address many sensitive issues; this course is no exception. Family and relational issues occur in the context of sexual, racial/ethnic, political, religious/spiritual, economic/social class, and disability/challenge concerns. The discussion of such issues will increase the student’s knowledge of developmental conditions in the modern world, but the information can be emotionally charged. It is also likely that the student will be exposed to a diversity of viewpoints; some viewpoints might differ substantially from the student’s personal views. If the student chooses to remain in class, then she/he will be expected to respect the diverse viewpoints represented in course material, as well as the viewpoints of his/her classmates.

**Revelation of Personal Information**

This course addresses topics that are personal in nature. The student is encouraged to participate in class discussion/presentations, but the student is not required to share personal information with classmates. Also, the student is advised to use discretion in self-disclosure with classmates and the instructor. It is anticipated that fellow students will be respectful and not disclose information that is shared in class, but the instructor cannot guarantee confidentiality of information that the student shares with classmates. Thus, the student is responsible for the information that he/she shares, and should not share information that he/she does not want others to know.

**Doing Unrelated Tasks During a Class Meeting**

During each class meeting, each student is required and expected to attend to the topic, content, and activity being discussed and covered during the particular class meeting. During each class meeting,
candidates are not permitted to engage in any type of work and activity that are not the topic, content, and activity being discussed and covered during the particular class meeting. A minimum of 20 points will be deducted from the student’s final grade if and when the student does not adhere to this policy. The points deducted may be higher when the candidate refuses to adhere to this policy and continually violates this policy.

Cell Phones and Other Electronic Devices. NOT allowed unless the student meets documented special provisions from the CSA office. Checking email, surfing the net, listening to music, playing games, sending texts and doing work for other classes is not allowed. These activities are also considered as doing unrelated tasks during a class meeting therefore points may be deducted from a student’s final grade. Please turn off all cell phones and other electronic devices before entering the classroom. Keep cell phones and other electronic devices turned off, out of reach, and out of sight while in the classroom (do not put cell phones on vibrate). Leaving class to make a call or to answer a call will be considered unprofessional classroom conduct.

Student Rights & Responsibilities:
Student Rights – In this class you have the right to:
- Expect the instructor to start and end class on time.
- Ask questions and for clarifications until you understand the subject matter.
- Expect grades to be posted within one week of the quiz, assignment, or exam.
- Expect that the instructor meets you by appointment.
- Expect the instructor to reply to your emails within 48 hours.

Student Responsibilities – In this class you have the responsibility to:
- Come to class, ON TIME, having read over the assigned material and participate in discussion.
- Attend the whole class session, as leaving in between is very disruptive for the entire class and instructor.
- Not to engage in private discussions with your neighbor while the instructor is talking.
- Attend to the topic, content, and activity being discussed and covered during the particular class meeting.
- To obtain the information/materials covered in the class on a day you missed from BlackBoard and/or another student in the class.

Financial Aid:
Federal Financial Aid must be earned by attending and successfully completing coursework. Students should be aware that withdrawing from the University or ceasing to attend classes can result in the following:
- A balance owed to EKU for the Federal Financial Aid received for that term that was not earned
- Loss of future financial aid eligibility

Last day to Withdraw:

Students should refer to http://colonelscompass.eku.edu/deadlines for specific dates related to withdraws, fees and refunds.
For additional information, consult the Colonel's Compass: http://colonelscompass.eku.edu/fall-2016-deadlines-adddrop-refunds

**Disability Statement:**

The University strives to make all learning experiences as accessible as possible. If you are registered with the EKU Center for Student Accessibility (CSA), please obtain your accommodation letters from the CSA, present them to the course instructor, and discuss the accommodations needed. If you believe you need an accommodation and are not registered with the CSA, please contact the office in 361 Whitlock Building by email at disserv@eku.edu or by telephone at (859) 622-2933. Upon individual request, this syllabus can be made available in an alternative format.

A student with a “disability” may be an individual with a physical or psychological impairment that substantially limits one or more major life activities, to include, but not limited to: seeing, hearing, communicating, interacting with others, learning, thinking, concentrating, sitting, standing, lifting, performing manual tasks, working. Additionally, pregnancy accompanied by a medical condition(s), which causes a similar substantial limitation, may also be considered under the Americans with Disabilities Amendments Act (ADAAA).

**Disclosures of Discrimination, Harassment, or Violence**

EKU is committed to a respectful and inclusive environment and thus prohibits discrimination, harassment, or violence of any kind. It also requires faculty members to report any information that may indicate that discrimination, harassment, or violence has affected any member of the University community. If you share information that indicates that you have witnessed or experienced such behavior, your instructor will have to provide that information to University officials; consider this in choosing what information you post. If you would like to obtain confidential help from someone who does not have to report the information, please go to www.titleix.eku.edu for resources, including the following:

- EKU Student Health Services 622-1761
- EKU Counseling Center 622-1303
- Title IX at EKU 622-8020
- Bluegrass Rape Crisis Center 800-656-4673 (hotline)
- Hope’s Wings Domestic Violence Program 859-623-4095

**Counseling Services:** Feeling lonely and depressed? Having panic attacks? Experiencing test anxiety? Having difficulty with family or friends? The counseling center provides professional, short-term counseling services to university students, faculty and staff. These services include individual counseling, group counseling, couple counseling, family counseling, and crisis intervention. All currently registered University students, faculty, and staff are eligible for counseling services. For additional information on services call (859) 622-1303, email, or visit CPO 52, Whitlock Building Room#571. For self-help resources visit http://counseling.eku.edu/self-help-resources

**Writing Assistance:** The Noel Studio for Academic Creativity is a free resource for the EKU community, including graduate and undergraduate students. Contact the Noel Studio at 859.622.7330 or visit www.studio.eku.edu or e-mail noelstudio@eku.edu
The Noel Studio’s primary service is the individual or group consultation: a trained consultant will spend 60 minutes (appointment) or 25-30 minutes (walk-in) with you (an hour is preferable if your project is longer than five pages or the equivalent for presentations and multimedia or if you are working with a group) reviewing your project and discussing your ideas. You can bring your work to the Noel Studio at any point in the communication-development process, even if you don’t have anything substantial yet.

Your visit will be most helpful if you take the time to:

Prepare questions/ideas/strategies in advance: Identify specific questions/ideas/strategies that will guide your research and thinking about the project while you’re in the Noel Studio.

Prepare to participate in the consultation: The Noel Studio is designed as a collaborative and creative space for learning. Thus, you will actively discuss your project with the consultant and take part in invention techniques and activities.

Allot time to revise and reflect after you leave the Noel Studio: Identify the possibilities raised during the consultation that are helpful to you and leave enough time to use the Noel Studio space to reflect on and refine your project and ideas.

Revise and rethink: The Noel Studio is intended to support multiple learning styles. Use invention and practice spaces at the Noel Studio to rethink critical aspects of your project.

The Noel Studio will help with projects in any subject, including traditional essays, research papers, proposals; out-of-class projects such as scholarship applications, graduate school applications, and business letters; multimedia such as digital narratives, videos, podcasts, and online portfolios; and oral presentations, conference talks, and panel presentations. After each consultation, you will receive verification of your visit and a summary of what was discussed.

It is best to make an appointment; however, the Noel Studio welcomes walk-ins.

You may use Noel Studio resources, such as computers, video equipment, monitors, and software without an appointment. Please remember that the Noel Studio does not write, proofread, or grade projects.

For more information or to make an appointment, visit the Noel Studio website at http://www.studio.eku.edu/ or call 859-622-7330.

GROUPS: If you are working on a group project, please have all members come to the Noel Studio when you visit for your consultation. Please have all group members sign in at the reception desk under the spiral staircase.

**IT Service Desk:** If you are having trouble with Blackboard contact the IT Geeks
Any EKU student is eligible for support and consultations from the IT Geeks. Troubleshooting is generally limited to 15 minute sessions if there are other clients waiting for help, but if there is no line a Geek will be glad to work longer to resolve your issue unless we immediately know the issue should be dropped off for advanced support.

Academic Integrity:

Students are advised that EKU’s Academic Integrity Policy will strictly be enforced in this course. The Academic Integrity policy is available at www.academicintegrity.eku.edu. Questions regarding the policy may be directed to the Office of Academic Integrity.

Cheating. Dishonesty of any kind with respect to examinations, course assignments, alteration of records, or illegal possession of examinations shall be considered cheating. It is the responsibility of the student not only to abstain from cheating, but also to avoid the appearance of cheating and to guard against making it possible for others to cheat. Any student who helps another candidate to cheat is as guilty of cheating as the student he or she assists. Each student should do everything possible to induce respect from the examination process and honesty in the performance of assigned tasks in and out of class.

Plagiarism. Honesty requires that any ideas or materials taken from another source for either written or oral use must be fully acknowledged. Plagiarism is offering another person’s work as one’s own. The language or ideas taken from another may range from isolated formulas, sentences, paragraphs, to entire articles copied from books, periodicals, speeches; the instructor’s writings and materials developed for this course and any other course; and writing and works of other students. The offering of materials assembled or collected by others in the form of projects or collections without acknowledgement is also considered plagiarism. Any student who fails to give credit for ideas and materials taken from another source is guilty of plagiarism.

Class Visitors
Do not bring children of any age or visitors to class. Do not leave children or visitors in the hall outside of the classroom. Do not leave unsupervised children in the computer lab.

Student Grievance Procedures
Students in Child & Family Studies courses that have a grievance concerning a course grade, faculty member, instructional procedure, or other issues related to this course must first discuss with the appropriate faculty member in an effort to resolve the issue.

**Emergency Evacuation Procedures**
A map of this floor is posted near the elevator marking the evacuation route and the Designated Rescue Area. This is an area where emergency service personnel will go first to look for individuals who need assistance exiting the building. Students who may need assistance should identify themselves to the teaching faculty.

**Official E-Mail:**
An official EKU e-mail is established for each registered student, each faculty member, and each staff member. EKU requires all students and faculty to use their University email accounts for all correspondence.

**Remind Texts:**
As a courtesy, the instructor may text you information about the class. The instructor will NOT text deadlines for assignments or tests. The instructor will NOT text you directions for assignments. It is the student’s responsibility to check the syllabus and Blackboard for information. The instructor may send text regarding changes in the syllabus, changes in the schedule, or class delays due to weather.

It is optional for you to receive texts about the class. To opt in text @ekucd to this number 81010

**University Attendance Policy:**
For current Regulation please refer to the following link:

**Inclement Weather Plan:**
See adjusted schedules at the following link:
http://www.eku.edu/weather/richmond-campus-inclement-weather-plan

**Student Drop Box:**
There is a ‘drop box’ in the main office where students may leave work and messages for faculty. Students must write the name of the faculty member on the item and date/time stamp it. The date/time stamp is kept on the table near the drop box. (Simply press down on the stamp and it will imprint the date and time your work is dropped off.) Office staff will deliver the items to faculty mailboxes periodically during the day. If the item is too large for the drop box, office staff will provide assistance.

**Personal Electronic Policy:**
Personal Electronic Devices: Student personal electronic devices such as cell phones, iPods, etc. are to be turned off or silenced during class. Any student’s personal electronic device seen during class may be held by the instructor until the end of class. Students wishing to use personal electronic devices such as
laptops or e-readers during class for e-text reference or note taking should discuss this with the instructor during the first week of class. The instructor may approve use on an individual basis.

**Department Examination Policy:**
Electronic devices cannot be used during exams—e.g. cell phones, calculators, electronic translators. Calculators will be provided by the course instructor when necessary. Hats must be removed during exams.

**Communication:**
BlackBoard / EKU e-mail is the official means of communication to inform students about changes to the class schedule, class requirements, and other issues. Ensure that your current e-mail address is reflected in Blackboard. Check your e-mail and Blackboard regularly for relevant course information and announcements.

**Instructional Methodology:**
The instructor will use a variety of instructional methodologies to facilitate course information. These methodologies may consist of the following: lecture, class discussions, field exercises, library research, videos, homework, group and individual presentations, published media, self-directed learning, and in-class activities. All methodologies are ultimately designed to promote learning and educational growth.

**Course Participation:**
In the “real world,” it is not enough to simply show up. Industry professionals must verbally convey their concepts to others with clarity and confidence. Verbal participation in class is expected and includes thoughtful discussion, coherent expression during individual consultations, coming to class prepared (showing evidence of having devoted adequate time and effort outside of class), and otherwise using class time appropriately.

Students are expected to be polite and respectful of the instructor and other students, including raising one’s hand to speak and not interrupt the instructor or other students. Students are expected to participate in class discussions and activities. Asking questions and contributing additional information to the lecture is encouraged.

Class participation is required. Participation may be assessed by the instructor through class discussions, formal quizzes, assignments, or group work. Points will vary, and not all in-class activities will be graded for points. The instructor will indicate in class which ones will be graded for points.

**Instructor Syllabi Policy:**
The instructors reserve the right to modify the corresponding class syllabus to better facilitate the learning process, however, adherence to campus/department policies must be maintained.

**Recommendations for Success:**
I will strongly recommend for you to come to every class on time and make sure you turn in all assignments. Studies indicate that most failures in school occur due to poor attendance. Also, never settle for average – strive for the best. Your success lies in taking ownership of your education.
**Student Behavior:**
Student behavior in the classroom will be consistent with a safe and respectful learning environment for all attendees.

**Professionalism:**
In the workplace you will be expected to be on time to work and meet tight deadlines. That level of dedication is expected of you here. Nothing hurts a job applicant more than poor spelling or bad grammar. In class, I will expect all written communications to be polished and professional. Spell check and proofread! Develop a good work ethic now, so that by the time you interview for that first job, you are confident in your abilities and in what you can offer an employer.

**Course Requirements:**

All students shall be treated equally. Students will be evaluated based on their performance and total point accumulation. See *Course Requirements* for point allocation.

- **Exams**
  - There will be midterm and final exams. Exams may be a combination of multiple choice, true/false, matching, short answer and essay. The exams will be administered online in Black Board on an assigned day.
  - Students should have access to a reliable computer and the exams MUST be taken during the period assigned. The instructor will work with students to ensure the exam window allows adequate access. There will be no make-up so make sure your computer and internet connection is reliable before taking the exams. Remember, you can always use a computer on campus if necessary for adequate internet access and reliability.
  - There may be in-class quizzes. Be prepared by reading all assignments prior to class.

**Assignments** Students are responsible for all classroom material presented assigned readings, online assignments, class handouts, and class homework. This responsibility extends to classes attended and classes missed.

The instructor will NOT accept handwritten nor emailed submissions of assignments and other materials except when specified by the instructor. Follow APA guidelines when appropriate.

- **Application Assignments**: These assignments will be completed in class or online. Additional instructions will be given in class prior to each assignment and following class lectures and discussion of theories. There will be 10 unannounced in-class/on-line application assignments worth 10 points each. These points cannot be made up because the nature of the activities will usually depend upon in-class processes that cannot be replicated. These in-class/on-line application assignments may not be made up—even with an excused absence.

- **Individual Project/Presentation**: This assignment is an individual project that will be presented in class at the end of the semester. You will choose a content area (topic) and create a presentation to share with a target audience who will benefit from the information you have researched, prepared and shared. DETAILED INSTRUCTIONS AND A RUBRIC WILL BE ON BLACKBOARD.
- **Class Participation**

Class participation is expected. The instructor will use quizzes, group discussions and activities in class. These assignments may be individual or group work. Note that you can only receive credit if you are present in class and actually participate in the activities. **Points will vary. Not all class activities will be graded. I will let you know in class which ones are graded.**

**Course Outline:**

The instructor reserves the right to make changes as necessary to the syllabus and timeline based on the needs of the students, pacing of instruction or in the event of cancellations or interruptions. Students will be notified of any changes in advance when possible. (SEE FOLLOWING PAGES)

<table>
<thead>
<tr>
<th>Week</th>
<th>Class Date</th>
<th>Class Topics &amp; Activities</th>
<th>Assignments for you to do prior to attending class</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td>Introduction/Overview</td>
<td>Read over the Syllabus</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Explore Blackboard</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>Adverse Childhood Experiences (ACEs)</td>
<td>Review Syllabus and class expectations</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Readings/resources/assignments on Blackboard</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>Last day to drop a full semester course without a “W” on the transcript</td>
<td>When a student is unable to complete assignments and attend class in an ongoing basis or is continually tardy/leaving early, the student should consider withdrawing from CDF 437 on or before the university scheduled drop date.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Students should refer to <a href="http://colonelscompass.eku.edu/deadlines">http://colonelscompass.eku.edu/deadlines</a> for specific dates related to withdraws, fees and refunds.</td>
<td></td>
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<tr>
<td>2</td>
<td></td>
<td>Defining Stress</td>
<td>Read Chapters 1 &amp; 2 in Family Stress Management: A Contextual Approach</td>
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<tr>
<td>2</td>
<td></td>
<td>Family Stress Theory</td>
<td>Read Chapter 3 in Family Stress Management: A Contextual Approach</td>
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<tr>
<td>3</td>
<td></td>
<td>The differences in family stress, crisis, and strain</td>
<td>Readings/resources/assignments on Blackboard</td>
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<tr>
<td>Week</td>
<td>Topic</td>
<td>Readings/Resources/Assignments</td>
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</tr>
<tr>
<td>3</td>
<td>Understanding people and families in crisis</td>
<td>Readings/resources/assignments on Blackboard</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Coping, Adapting, Being Resilient</td>
<td>Read Chapter 4 in Family Stress Management: A Contextual Approach</td>
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<td>4</td>
<td>ACEs, Resilency, and the effects on children’s brain development</td>
<td>Readings/resources/assignments on Blackboard</td>
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<td>4</td>
<td>Last day to drop without a fee</td>
<td>When a student is unable to complete assignments and attend class in an ongoing basis or is continually tardy/leaving early, the student should consider withdrawing from CDF 437 on or before the university scheduled drop date.</td>
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<tr>
<td>5</td>
<td>Identifying individuals and families at risk</td>
<td>Readings/resources/assignments on Blackboard</td>
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<td>5</td>
<td>Stress and Change during Life Passages</td>
<td>Readings/resources/assignments on Blackboard</td>
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<tr>
<td>6</td>
<td>Boundary Amiguity</td>
<td>Read Chapter 5 in Family Stress Management: A Contextual Approach</td>
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<tr>
<td>6</td>
<td>Link between ambiguity and ambivalence in Family Stress Management</td>
<td>Read Chapter 6 in Family Stress Management: A Contextual Approach</td>
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<td>7</td>
<td>MidTerm Exam</td>
<td>Study, study, study</td>
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<td></td>
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<td>EXAM I ONLINE</td>
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<td>- There will be midterm exam. Exams may be a combination of multiple choice, true/false, matching, short answer and essay. The exams will be administered online in Black Board on an assigned day.</td>
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<td>- Students should have access to a reliable computer and the exams MUST be taken during the period assigned. The instructor will work with students to ensure the exam window allows adequate access. There will be no make-up so make sure your computer and internet connection is reliable before taking the exams. Remember, you can always use a computer on campus if necessary for adequate internet access and reliability.</td>
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<td></td>
<td>- If you have trouble with Blackboard call the IT Geeks</td>
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</table>

| 7 | Read article online and submit reaction paper | Readings/resources/assignments on Blackboard |
|   | Begin research on your project/presentation topic | Devise an intelligent and professional response then submit it on Blackboard |
|   | Ensure you have an instructor approved topic BEFORE you begin your research |

| 8 | Denial: Barrier or Buffer in Family Stress Management | Read Chapter 7 in Family Stress Management: A Contextual Approach |

<p>| 8 | Family Values and Belief Systems: Influence on Family Stress Management | Read Chapter 8 in Family Stress Management: A Contextual Approach |</p>
<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>FALL BREAK</td>
<td>Catch up on your readings</td>
</tr>
<tr>
<td>9</td>
<td>The Family’s External Context</td>
<td>Read Chapter 9 in Family Stress Management: A Contextual Approach</td>
</tr>
<tr>
<td>10</td>
<td>Helping People &amp; Families</td>
<td>Readings/resources/assignments on Blackboard</td>
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<tr>
<td>10</td>
<td>ADVISING- No Class</td>
<td>You MUST make an appointment with your advisor for pre-registration advising</td>
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<tr>
<td>11</td>
<td>Overcoming Trauma &amp; Victimization</td>
<td>Read Chapter 10 in Family Stress Management: A Contextual Approach</td>
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<tr>
<td>11</td>
<td>Where do we go from here?</td>
<td>Read Chapter 11 in Family Stress Management: A Contextual Approach</td>
</tr>
<tr>
<td>12</td>
<td>Election Day- No Class</td>
<td>Work on your presentation Go Vote!</td>
</tr>
<tr>
<td>12</td>
<td>Presentations</td>
<td>Complete your presentation</td>
</tr>
<tr>
<td>12</td>
<td>Last day to drop with a fee</td>
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<td>13</td>
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<td>Presentations</td>
<td>Complete your presentation</td>
</tr>
<tr>
<td>14</td>
<td>Read article online and submit reaction paper</td>
<td>Readings/resources/assignments on Blackboard</td>
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<tr>
<td>14</td>
<td>Thanksgiving Break</td>
<td>Enjoy time with your family and friends</td>
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<td>15</td>
<td>Presentations</td>
<td>Complete your presentation</td>
</tr>
<tr>
<td>15</td>
<td>Presentations</td>
<td>Complete your presentation</td>
</tr>
<tr>
<td>Date</td>
<td>Event</td>
<td>Details</td>
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<tr>
<td>16</td>
<td>Presentations</td>
<td>Complete your presentation</td>
</tr>
<tr>
<td>16</td>
<td>Wrap up</td>
<td>Bring any unresolved questions regarding class content</td>
</tr>
<tr>
<td>Final</td>
<td>Final Exam</td>
<td>Study, study, study</td>
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<td>ONLINE</td>
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<td>Opens:</td>
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<td>Closes:</td>
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</table>

- The final exam may be a combination of multiple choice, true/false, matching, short answer and essay. The exams will be administered online in BlackBoard on an assigned day.
- Students should have access to a reliable computer and the exams MUST be taken during the period assigned. The instructor will work with students to ensure the exam window allows adequate access. There will be no make-up so make sure your computer and internet connection is reliable before taking the exams. Remember, you can always use a computer on campus if necessary for adequate internet access and reliability.
- If you have trouble with Blackboard call the IT Geeks

You are responsible for all readings indicated on the syllabus, handed out in class by the instructor, or posted on Blackboard by the instructor whether or not the reading was covered directly in class.  
**The professor reserves the right to make changes in the schedule where and when necessary.**