

Stress Management WORK 221



Course Information

Semester & Year: Spring 2026

Course ID & Section #number: WORK 221 Section # V1254

Instructor's name: Amy Berkowitz

Day/Time of required meetings: Monday/Wednesday 6:30pm-8:30pm 4/6-4/15

Location: Online via TechConnectZoom (in Canvas)

Course units: zero (noncredit)



Instructor Contact Information

Office location: online

Office hours: by Appointment

Email address: amy-berkowitz@redwoods.edu (<mailto:amy-berkowitz@redwoods.edu>) or amy.berkowitz@gmail.com (<mailto:cr.amy.berkowitz@gmail.com>)





Required Material

Working internet and a device with which to access the course.



Catalog Description

A study of the key elements of stress management. Topics will include the recognition of stress, causes of stress, and the benefits of stress management. Various stress management techniques will be covered.



Course Student Learning Outcomes

- Describe stress and its impact on the workplace.
- Identify and examine one's own sources of stress, both internal and external.
- Apply various stress management techniques as needed.



Course Calendar

Date	Topic
Monday 4/6	Introduction, syllabus, What is Stress, Goals, changing our physiological stress response to be healthier, failure, yet & not yet



Date	Topic
Wednesday 4/8	Self-care, stress management techniques, visualization,
Monday 4/13	Toxic Stress, the cure to toxic stress, understanding trauma
Wednesday 4/15	Harnessing the power of creativity in managing stress, making plans to deal with stress



Evaluation & Grading Policy



Students will be deemed to be making satisfactory progress by attending class and participating in the work.





Prerequisites / Co-requisites / Recommended Preparation



Students should have access to the internet. If students do not have a computer, they may borrow one from the Adult and Community Education office by calling: 707-476-4500 or emailing ACE@redwoods.edu



Educational Accessibility & Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](https://www.redwoods.edu/services/sass/light.php) , [counseling and advising, alternate formats of course materials \(e.g. audio books or E-texts\), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more.](https://www.redwoods.edu/services/sass/light.php) If you believe you might benefit from disability- or health-related services and accommodations, please contact [Student Accessibility Support Services \(SASS\)](https://www.redwoods.edu/services/sass/index.php) , [. \(https://www.redwoods.edu/services/sass/index.php\).](https://www.redwoods.edu/services/sass/index.php)

If you are unsure whether you qualify, please contact SASS for a consultation:
[SASS@redwoods.edu \(mailto:SASS@redwoods.edu\)](mailto:SASS@redwoods.edu).



SASS office locations and phone numbers



Eureka campus

- Phone: 707-476-4280,
- Locations: Student Services building, first floor SS113

Del Norte campus

- Phone: 707-465-2353
- Location: Main building, near the Library

Klamath-Trinity campus

- 707-476-4280

