

| 3-Sep                                                                                                                                 | 8-Sep                                                                                                  | 10-Sep                                                                                                                                                                                         | 15-Sep                                                                                                                                                    | 17-Sep                                                                                                                                     | 22-Sep                                                                                                                                                                                        | 24-Sep                                                                                                                                                          | 29-Sep                                                                                                                               |
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| website<br>exploration<br>syllabus quiz<br><br>pod assignments<br><br>choose your SARA<br>question<br>Top three stressors<br>activity | module 1<br>video segment 1-5<br>segment quizzes<br><br>AI tools for article<br>searches & APA formats | module 1<br>video segments<br>6-9<br>segment quizzes<br><br>AI tools for<br>slide templates &<br>stunning slides<br>project choice<br>self-discovery OR<br>mix & match OR<br>volunteer service | module 2<br>video segments<br>1-5<br>segment quizzes<br><br>Spiderweb of Social<br>Networks activity<br><br>Into the Wild<br>activity                     | module 2<br>video segment<br>6-10<br>segment quizzes<br><br>screen recording tips<br><br>Hassles & Uplifts<br>activity<br>FOMO 24 activity | module 3<br>video segments<br>1-5<br>segment quizzes<br>Soothing Forces<br>of Nature Activity<br>Spirituality Booster<br>activity<br>Volunteer service<br>placement agreement<br>contract due | module 3<br>video seg 6-8<br>module 4<br>video seg 1-2<br>segment quizzes<br>peer review of<br>slides activity<br>Environmental connect<br>and protect activity | module 4<br>video segments<br>3-6<br>segment quizzes<br><br>SC biofeedback demo<br>activity<br><br>Mix & Match<br>Project Part A due |
| 1-Oct                                                                                                                                 | 6-Oct                                                                                                  | 8-Oct                                                                                                                                                                                          | 13-Oct                                                                                                                                                    | 15-Oct                                                                                                                                     | 22-Oct                                                                                                                                                                                        | 27-Oct                                                                                                                                                          | 29-Oct                                                                                                                               |
| module 4<br>video segments<br>7-11<br>segment quizzes<br><br>Vagus nerve stim<br>activity                                             | module 4<br>video segments<br>12-16<br>segment quizzes<br><br>Stress: Portrait<br>of a killer activity | module 5<br>video segments<br>1-7<br>segment quizzes<br><br>Project work<br>Self-discovery<br>Project Part 1 due                                                                               | module 5<br>video segment 8<br>module 6<br>video seg 1-4<br>segment quizzes<br>A day in the life<br>of stress activity<br>Self-esteem booster<br>activity | module 6<br>video segments<br>5-9<br>segment quizzes<br>project work                                                                       | module 6<br>video segments<br>10-17<br>segment quizzes<br><br>project work                                                                                                                    | module 7<br>video segments<br>1-5<br>segment quizzes<br>Stress or Pain App<br>Exploration &<br>Experimentation<br>Round 1 SARAs due                             | module 7<br>video segments<br>6-10<br>segment quizzes<br><br>bracing activity                                                        |

Module video segments & their quizzes are due the night before the class when they are discussed and applied. Activities in green are in-class, and you must be physically present. Activities in purple are completed at home.

SARAs, self-discovery, and the mix & match projects are worked on every class when there is time available.

| 3-Nov                                                                                      | 5-Nov                                                                                                                                          | 10-Nov                                                                                        | 12-Nov                                                                                                                        | 17-Nov                                                                                                                       | 19-Nov                                                                                                             | 1-Dec                                                                                                                | 3-Dec                                                                                    |
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| module 7<br>video segments<br>11-14<br>segment quizzes<br><br>walk #1 activity             | module 7<br>video segment 15<br>module 8<br>video segment 1-4<br>segments quizzes<br>mindful meditation activity<br>walk #2 activity           | module 8<br>video segments<br>5-12<br>segment quizzes<br><br>diaphragmatic breathing activity | module 9<br>video segments<br>1-6<br>segment quizzes<br><br>Finger prick pain activity<br>Mix and Match<br>Project Part B due | module 9<br>video segments<br>7-11<br>segment quizzes<br><br>7-min workout challenge activity<br>autogenic training activity | module 9<br>video segments<br>12-18<br>segment quizzes<br><br>PMR activity<br>Self-discovery<br>Project Part 2 due | module 9<br>video segments<br>19-25<br>segment quizzes<br><br>Mountain Lake meditation activity<br>Round 2 SARAs due | module 10<br>video segments<br>1-6<br>segment quizzes<br><br>rainbow meditation activity |
| 8-Dec                                                                                      | 10-Dec                                                                                                                                         | Final Exam<br>Dec 14-17                                                                       |                                                                                                                               |                                                                                                                              |                                                                                                                    |                                                                                                                      |                                                                                          |
| module 10<br>video segments<br>7-15<br>segment quizzes<br><br>binder clip<br>pain activity | module 10<br>video segments<br>16-21<br>segment quizzes<br><br>TENS activity<br>Vol. service project<br>reflection & supervisor<br>summary due |                                                                                               |                                                                                                                               |                                                                                                                              |                                                                                                                    |                                                                                                                      |                                                                                          |



**Congrats!**  
**You did it!**