

Bossier Parish Community College  
Master Syllabus

*(This course is presently inactive.)*

**Course Prefix and Number:** PSYC 230

**Credit hours:** 3

**Course Title:** Military Stress and Health

**Course Prerequisites:** None

**Textbook(s):** Friedman, Matthew J., Sloan, Laurie B., After the War Zone: A Practical Guide for Returning Troops and Their Families, 1st edition, Publisher: Da Capo Press

**Course Description:** An examination of the nature of stress and health related to United States combat veterans. The primary focus will be on the psychosocial factors of war on the veteran. Additionally, this course will transmit knowledge that can be used to assist the veteran in making a positive transition from military to civilian life including success in relationships, employment and the college setting.

**Learning Outcomes:**

At the end of the course, the student will:

- A. identify types of military related stress;
- B. develop an understanding of skills and techniques that could be used to manage military readjustment issues;
- C. identify methods of improving overall health and resilience;
- D. utilize college resources to achieve success in academic coursework.

To achieve the learning outcomes, the student will:

- 1. analyze coping skills that target military related stress; (A)
- 2. review problems veterans encounter post-war; (A) (C)
- 3. discuss anger and stress management and emotional regulation techniques; (A) (B) (C)
- 4. determine the resources available for U.S. veterans; (B) (C) (D)
- 5. understand problem solving techniques, conflict resolution, and appropriate assertiveness to enhance success in relationships, employment and college settings; (B) (C)
- 6. apply effective study skills for this class and other college courses. (D)

**Course Requirements:** The following are intended to help the learner meet the stated objectives of the course: students will attend class; students will be evaluated on results of semester exams; students will be required to participate in class discussions and activities.

## **Course Grading Scale:**

A 90 – 100 %  
B 80 – 89 %  
C 70 – 79 %  
D 60 – 69 %  
F 00 – 59 %

**Attendance Policy:** The college attendance policy is available at <http://www.bpcc.edu/catalog/current/academicpolicies.html>

Course Fees: None

## **Nondiscrimination Statement**

Bossier Parish Community College does not discriminate on the basis of race, color, national origin, gender, age, religion, qualified disability, marital status, veteran's status, or sexual orientation in admission to its programs, services, or activities, in access to them, in treatment of individuals, or in any aspect of its operations. Bossier Parish Community College does not discriminate in its hiring or employment practices.

Title VI, Section 504, and ADA Coordinator

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