

Psychology 465: The Psychology of Work/Life Stress  
Monday 7 – 9:45  
Fall, 2022  
Zoe Martell, MS, MA/MFA  
[zmartell@sfsu.edu](mailto:zmartell@sfsu.edu)

Office Hours: Wed. 7:30-9:30 pm and by appointment.

Prerequisites: PSY 200 or equivalent. Priority enrollment is given to upper division psychology majors.

Description: General understanding of basic concepts, mechanisms, and issues related to stress; examines basic factors in context of business organizations and other types of stressors. Topics include physiological, psychological, and behavioral outcomes relating to the workplace, individual differences, and long-term consequences.

This is a lecture and discussion class, and we will not be using a textbook. Readings and other materials will be assigned throughout the semester to complement the lecture material (the links to these will be posted on iLearn.) Attendance at our weekly Zoom session is preferred, but you may view the PowerPoints and lectures at your own pace if you cannot attend the Zoom sessions.

**Grading Policy:** Grading will be based on two take-home, essay exams. Each is worth 50% of your class grade. (50 points each, 100 points total). We will discuss the exams as the date approaches, and re-writes are allowed for anyone receiving lower than a C grade on the midterm paper.

**The dates and information on this syllabus are subject to change with adequate notice from the instructor.**

#### **Statement of Religious Holidays Observance**

The faculty of San Francisco State University shall accommodate students wishing to observe religious holidays when such observances require students to be absent from class activities. It is the responsibility of the student to inform the instructor, in writing, about such holidays during the first two weeks of the class each semester. If such holidays occur during the first two weeks of the semester, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed.

#### **Statement on Cheating and Plagiarism**

**Any student engaging in cheating or plagiarism will receive an F on the assignment, and will be referred for disciplinary action to the Office of Student Affairs. An F on either assignment means that you will not pass this course. DO NOT PLAGIARIZE. Use of auto-generation programs for essays constitutes academic dishonesty.**

**Disability access**

Students with disabilities who need reasonable accommodations are encouraged to contact the instructor. The Disability Programs and Resource Center (DPRC) is available to facilitate the reasonable accommodations process. The DPRC is located in the Student Service Building and can be reached by telephone (voice/415-338-2472, video phone/415-335-7210) or by email ([dprc@sfsu.edu](mailto:dprc@sfsu.edu)).

**Student disclosures of sexual violence**

SF State fosters a campus free of sexual violence including sexual harassment, domestic violence, dating violence, stalking, and/or any form of sex or gender discrimination. If you disclose a personal experience as an SF State student, the course instructor is required to notify the Title IX Coordinator by completing the report form available at <http://titleix.sfsu.edu>, emailing [vpsaem@sfsu.edu](mailto:vpsaem@sfsu.edu) or calling 338-2032.

**To disclose any such violence confidentially, contact:**

- The SAFE Place - (415) 338-2208; [http://www.sfsu.edu/~safe\\_plc/](http://www.sfsu.edu/~safe_plc/)
- Counseling and Psychological Services Center - (415) 338-2208; <http://psyservs.sfsu.edu/>
- For more information on your rights and available resources: <http://titleix.sfsu.edu>

## **Classes:**

- 8/22 Add codes given, no Zoom
- 8/29 Introduction to the course material, administrative details  
Film: Inequality for All
- 9/5 NO CLASS- LABOR DAY
- 9/12 Discussion of Film, Begin biology of stress
- 9/19 Stress and the Body: Biological/psychological interactions
- 9/26 Post-Traumatic Stress Disorder: How the past affects the present
- 10/3 Post-Traumatic Stress Disorder (part 2)
- 10/10 The High Cost of Silence/Vicarious Trauma:
- 10/17 **MIDTERM PAPERS DUE**  
  
The Changing Workplace – focus on changes in work stressors due to the pandemic
- 10/24 Financial Stressors in a Perilous Time
- 10/31 Telecommuting and the digital leash – finding work-life balance
- 11/7 Positive Psychology
- 11/14 Positive Psychology (part 2)
- 11/21 **NO CLASS FALL RECESS**
- 11/28 Mindfulness and Self Care
- 12/5 Final Papers Due!! Class wrap-up/discussion.

**Grading is based on your two, take-home exams. Attendance at our weekly Zoom sessions is preferred, but you may work at your own pace if you are unable to attend in real time. Class discussions will not be recorded, but there will be posted**

**recordings of the lecture material, and the PowerPoints are available for you to view at any time.**

The exams are based on content only (not on grammar, syntax, etc., though please try to make them readable!) If