El Camino College
COURSE OUTLINE OF RECORD – Official

Course Acronym:	PASS
Course Number:	507
Descriptive Title:	Overcoming Academic Anxiety
Division:	Library and Learning Resources
Department:	Pathways to Academic Success
Course Disciplines:	Pathways to Academic Success
Catalog Description:	This noncredit class will cover strategies for identifying, managing, and reducing academic anxiety and stress that will serve students in their academic journey and beyond.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	
Enrollment Limitation:	
Hours Lecture (per week):	.5
Hours Laboratory (per week):	0
Outside Study Hours:	1
Total Course Hours:	9
Course Units:	0
Grading Method:	Pass/No Pass only
Credit Status:	Non Credit
Transfer CSU:	
Effective Date:	
Transfer UC:	
Effective Date:	
General Education: ECC	
Term:	
Other:	
CSU GE:	
Term:	
Other:	
IGETC:	
Term:	
Other:	
Student Learning Outcomes:	SLO #1

	Students will be able to identify types and symptoms of anxiety and stress particularly effecting college life. **SLO #2** Students will be able to differentiate between "healthy" or "normal" anxiety and unhealthy or chronic anxiety and stress. **SLO #3** Students will be able to identify three coping strategies/services related to their situation.
Course Objectives:	1. Demonstrate cognitive techniques to reduce stress. 2. Identify physical signs of stress and match with coping skills. 3. Use ECC support services to target stress. 4. Apply test-taking anxiety coping skills.
Major Topics:	**I. Defining Anxiety (2.5 hours, lecture)** A. Types of College Anxiety and Stress 1. Time 2. Anticipatory 3. Situational 4. Social **II. Strategies for Managing Anxiety and Stress in College (2.5 hours, lecture)** A. Positive study habits (tools, study ahead, frequent review) B. Self-care (exercise, eat right, enough sleep) C. Build a Support System **III. College Expectations (2 hours, lecture)** A. Academic Vocabulary B. Research Expectations C. Interactions **IV. College Support Services Overview (2 hours, lecture)** A. Basic needs

	B. Academic supports
	C. Social supports
Total Lecture Hours:	9
Total Laboratory Hours:	0
Total Hours:	9
Primary Method of Evaluation:	3) Skill demonstration
Typical Assignment Using Primary Method of Evaluation:	Determine what triggers your stress and anxiety and chart a week of daily positive strategies that aim to reduce these as much as possible.
Critical Thinking Assignment 1:	Psychological and physiological anxiety is a real phenomena and can stand in the way of academic success. In one-page summary, name three possible sources of academic anxiety and briefly describe strategies for how to handle them.
Critical Thinking Assignment 2:	Partner with a classmate and write a list of three academic or basic needs support services you will investigate together on campus. Create a five-minute presentation about the services you investigated and share with the class.
Other Evaluation Methods:	Journal kept throughout course
Instructional Methods:	Group Activities; Lecture
If other:	
Work Outside of Class:	Journal (done on a continuing basis throughout the semester); Required reading; Skill practice
If Other:	
Up-To-Date Representative Texts:	Spencer, Laura. Anxiety and Stress Management. OER Commons, 2020. https://www.oercommons.org/courseware/lesson/61101. Licensed under CC BY 4.0.
Alternative Texts:	
Required Supplementary Readings:	
Other Required Materials:	
Requisite:	
Category:	
Requisite course(s): List both prerequisites and corequisites in this box.	
Requisite and Matching skill(s):Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	

Requisite Skill and Matching Skill(s): Bold the requisite skill(s). If applicable	
Requisite course:	
Requisite and Matching skill(s):Bold the requisite skill. List the corresponding course objective under each skill(s).	
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Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable	
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Camila Jenkin
Date:	11/04/2021
Original Board Approval Date:	12/14/2021
Last Reviewed and/or Revised by:	Camila Jenkin
Date:	11/04/2021
Last Board Approval Date:	04/15/2024
Effective Term:	FALL 2025