

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
CREDIT COURSE NOT APPLICABLE TO THE A.A. DEGREE

(Use this form only for courses which do not apply to the A.A. Degree)

COURSE NUMBER AND TITLE: COUN 48 Overcoming Test Anxiety

UNIT VALUE: 1

MINIMUM NUMBER OF SEMESTER HOURS: 32

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS:

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Provides instruction in understanding the sources of test anxiety and the techniques for overcoming it.

SPECIFIC COURSE OBJECTIVES:

Upon completion of the semester, each student will be able to differentiate between anxiety states and relaxation states. They will be able to identify the symptoms of test anxiety. They will be capable of lowering their state of anxiety and bringing about physical and mental relaxation.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

1. Introduction to Learning Theory
2. Learning and memorization
3. Principles of scheduling
4. Techniques of scheduling
5. Preparing for examinations
6. Taking the objective examination
7. Tension recognition
8. Relaxation techniques

REQUIRED READING:

Gardner, Beverly, Editor. Overcoming Test Anxiety Workbook. Self published, Palomar College Counseling Department, 2001.

SUGGESTED READING:

Benson, H., & M.Z. Klipper. The Relaxation Response. New York: Morrow, 1976

Clum, George. Coping With Panic. Pacific Grove, California: Brooks & Cole, 1990

Ellis, David. Becoming a Master Student, pps. 166-175. Rapid City, South Dakota: College Survival, Inc.,1985

“How to Master Stress” (<http://www.mindtools.com/smpage.html>).

Erwin, Ph. D., Bette, and Dinwiddie, M. ED., Elza Teresa. Test Without Trauma. New York: Grosset & Dunlap, 1983

Sapolsky, R. M. Why Zebras Don't Get Ulcers. New York: Freeman, 1994

Sherman, Thomas M., and Wildman, Terry M. Proven. Strategies for Successful Test Taking. Columbus: Charles E. Merrill, 1982

REQUIRED WRITING:

Completion of questions at the end of each chapter in the test anxiety workbook and questions regarding relaxation tape. (Approximately seventeen pages of 115 sentence-paragraph answer questions).

OUTSIDE ASSIGNMENTS:

Listen to and answer questions about seven tapes in the library. Proactive stress reduction techniques. (Approximately 20 hours).

INSTRUCTIONAL METHODOLOGY:

1. Use of audio tapes and individual instruction to explain, illustrate, and reinforce topics covered.
2. Listen to audio-tutorial tapes, which correlate with the workbook, located in the Resource Center in the library.
3. Tutoring to ensure a degree of proficiency in mastering the various methods of bringing about the relaxation response.

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply.

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

The evaluative grades given for this class are credit or no credit. In order to earn credit, the student must complete all segments of the class:

1. Complete all lab assignments which consist of listening to the audio tapes and completing all written assignments in the workbook.
2. Scheduling and attending two required appointments with the instructor.
3. Oral final examination and discussion of course.

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: _____

If yes, identify specific provision of Title 5 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

CONTACT PERSON: Beverly Gardner

SIGNATURES ON FILE