

**Clackamas Community College**  
Online Course/Outline Submission System

---

Show changes since last approval in red

Print

Edit

Delete

Back

Reject

Publish

**Section #1 General Course Information**

**Department:**Education, Human Services & Criminal Justice

**Submitter**

First Name: Dawn

Last Name: Hendricks

Phone: 6158

Email: dawn.hendricks

---

**Course Prefix and Number:**ECE - 239

---

**# Credits:**3

**Contact hours**

Lecture (# of hours): 33

Lec/lab (# of hours):

Lab (# of hours):

Total course hours: 33

For each credit, the student will be expected to spend, on average, 3 hours per week in combination of in-class and out-of-class activity.

---

**Course Title:**Helping Children and Families Cope with Stress

**Course Description:**

Focuses on stressors in society that can affect children and families including environmental stress, divorce and death. Effective strategies teachers can use to support children and families during times of stress are included.

---

**Type of Course:**Career Technical Preparatory

Is this class challengeable?

**Yes**

Can this course be repeated for credit in a degree?

**No**

Is general education certification being sought at this time?

**No**

Does this course map to any general education outcome(s)?

**No**

Is this course part of an AAS or related certificate of completion?

**Yes**

**Name of degree(s) and/or certificate(s):**Early Childhood Education & Family Studies AAS

Are there prerequisites to this course?

**No**

Are there corequisites to this course?

**No**

Are there any requirements or recommendations for students taken this course?

**No**

Are there similar courses existing in other programs or disciplines at CCC?

**No**

Will this class use library resources?

**No**

Is there any other potential impact on another department?

**No**

Does this course belong on the Related Instruction list?

**No**

**GRADING METHOD:**

A-F or Pass/No Pass

**Audit:Yes**

When do you plan to offer this course?

**✓ Spring**

Is this course equivalent to another?

If yes, they must have the same description and outcomes.

**No**

Will this course appear in the college catalog?

**Yes**

Will this course appear in the schedule?

**Yes**

Student Learning Outcomes:

Upon successful completion of this course, students should be able to:

1. identify stressors that affect children and families,
2. communicate with children and provide opportunities and support for them to understand, acquire and use verbal and nonverbal means of communicating thoughts and feelings to lessen frustration levels;
3. communicate with parents various techniques to assist them in child guidance as it relates to various stressors,
4. define a child's immature understanding of death, eventually leading to a mature understanding;
5. explain how a child's response to loss involves both his/her mental and emotional developmental stages and previous experience with loss,
6. describe the impact of divorce and resulting adjustments needed by children and parents,
7. demonstrate and describe an appreciation for cultural diversity,
6. support and nurture children through times of stress, transition, loss and grief.

---

***This course does not include assessable General Education outcomes.***

---

Major Topic Outline:

1. Nature of stress.
2. Coping with stress.
3. Nature of empathy.
4. Stress in families.
5. Temporary and Permanent separation.
6. Divorce.
7. Adoption.
8. Death.
9. Effects on children and stages.
10. Anger issues.
11. Helping strategies for non-therapists.

Does the content of this class relate to job skills in any of the following areas:

- |                                      |           |
|--------------------------------------|-----------|
| 1. Increased energy efficiency       | <b>No</b> |
| 2. Produce renewable energy          | <b>No</b> |
| 3. Prevent environmental degradation | <b>No</b> |
| 4. Clean up natural environment      | <b>No</b> |
| 5. Supports green services           | <b>No</b> |

Percent of course:0%

First term to be offered:

**Next available term after approval**

:

