



SUCCESS OVER STRESS (SOS)

Success Over Stress equips students with the knowledge and skills to recognize the signs and symptoms of stress, identify triggers, distinguish adaptive and maladaptive coping techniques, and implement proactive stress prevention and management strategies.

COURSE THEMES

Stress and the Body

What are the physiological effects of stress on the body? How do healthy behaviors help us manage stress?

- The stress process and associated physiological changes
- Various health outcomes associated with unaddressed or chronic stress
- Benefits of healthy behaviors like proper nutrition, physical activity, and good sleep hygiene

Common Sources of Stress

Many of the common sources of stress for students are explored and effective approaches to stress management are provided.

- Academic stress
- Time management and procrastination
- Interpersonal stress
- Transitions into and out of college
- Specific strategies for each common source

Maladaptive Coping

Our thinking styles can affect how we manage stress. Through self-reflection, students assess their healthy and unhealthy coping behaviors.

- Automatic thoughts and cognitive distortions
- Thinking styles like guilt, shame, hostility, and perfectionism
- Behaviors like substance use and abuse and isolation

Adaptive Coping Strategies

Students continue to discover individual differences in coping styles and learn new effective strategies for common stressors in college and beyond.

- Resilience research and strategies
- Optimism, gratitude, and forgiveness
- Building and utilizing a social support network
- Relaxation exercises
- Strategies for academic, interpersonal, and time-related stress

Addressing Future Stressors

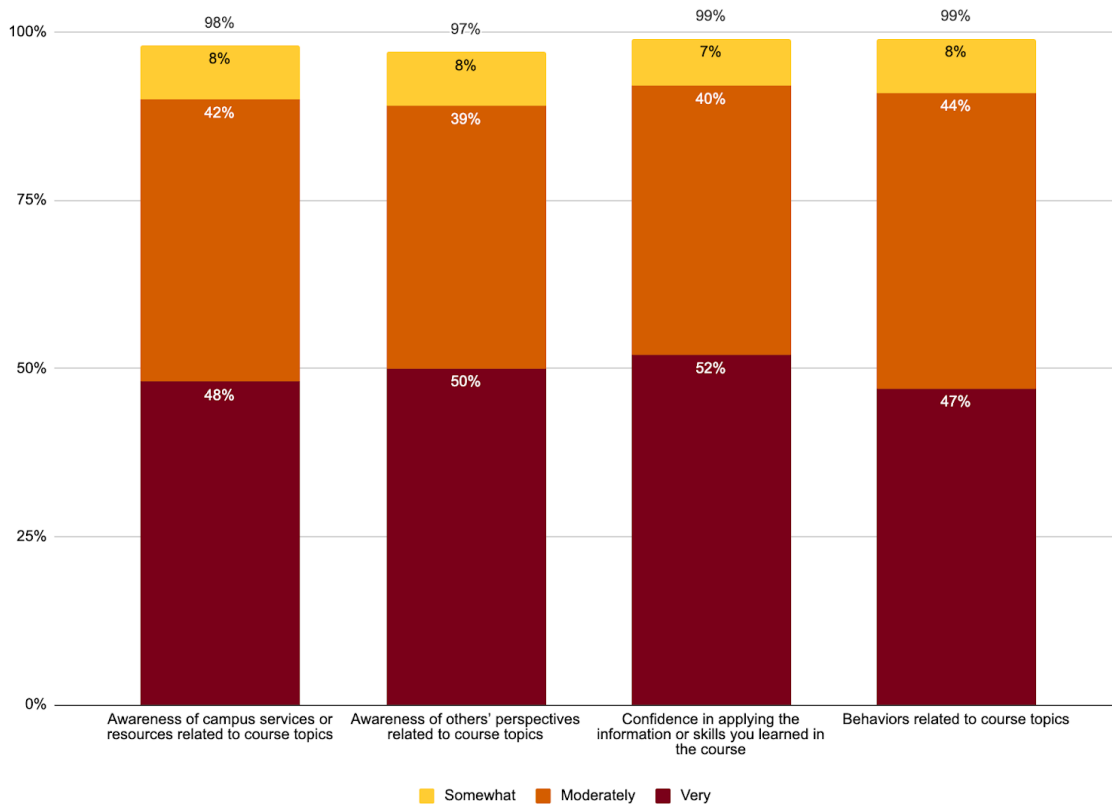
Students learn the strategies for helping peers in distress and reflect on various proactive approaches to certain stressors and scenarios.

- Symptoms of more common mental health diagnoses
- Approaches to addressing a peer's concerning behavior
- Readiness and Prochaska's Stages of Change
- Identifying strategies depending on the source of stress
- Goal-setting best practices

COURSE DATA

Among Fall 2018 enrolled students in Success Over Stress at the University of Minnesota Twin Cities who completed their course evaluation, 98% self-reported increases in awareness of campus services/resources and others' perspectives related to course topics. In addition, not only did they report increased confidence in applying the information and skills learned in the course, but also actual changes in their behaviors. The degree of change—somewhat, moderately, or very—slightly differed for each of these items.

Success Over Stress Students' Self-Reported Increases/Improvements - Fall 2018 Semester



STUDENT QUOTES

"I think this course has really helped me to realize my full potential and reach my goals."

"I have noticed an increase in my confidence. I am more assertive when sticking up for others and I am no longer a passive bystander."

"This class was very helpful to me in restructuring my life so that I can succeed and be happy in college. It also made me aware of my drinking habits and how to use alcohol more safely."

"I think every student should have to take this course. It does not require much of your time, but the information in each lesson is something that every college student should be educated on."

"This course made me more aware of the things I do regarding substance use and my own health. While I feel confident about my behavior because it follows my values, I think this course has made me more concerned and willing to help others who are demonstrating dangerous behavior, because I am more aware of the consequences."

GENERAL CONTACT INFO

Web: ri.umn.edu

Email: riinfo@umn.edu



SCHOOL OF
PUBLIC HEALTH

UNIVERSITY OF MINNESOTA

ROTHENBERGER INSTITUTE