Neuroscience (NSCI) 101: Let’s Talk About Stress

Follow this and additional works at: https://red.library.usd.edu/isi

Recommended Citation
https://red.library.usd.edu/isi/18

This Brochure is brought to you for free and open access by USD RED. It has been accepted for inclusion in Inclusive Science Initiative Program by an authorized administrator of USD RED. For more information, please contact dloftus@usd.edu.
Neuroscience (NSCI) 101: Let’s Talk About Stress

This introductory course will provide an overview of the basic biology underlying stress, and how stress can interact with learning, social support, mental health, and culture. Further, it will explore techniques and resources on campus to aid students in dealing with various types of stressors. Students of all majors are welcome in this course.
This course will explore the basic biology underlying stress associated behaviors and mental health as well as provide real-world techniques and resources to aid in the treatment of stress and related disorders.

**Topics Include:**

- An introduction to the basic biology underlying stress
  - Recreation to help alleviate stress
- Understanding the biological interactions between stress and learning and memory
  - Study skill to counteract stress-induced impairments in learning
- Social support as a mediator of the outcomes associated with stress
  - Utilizing campus clubs to find community among peers
- The biology of depression and anxiety disorders as they relate to stress
  - Campus resources available to promote mental health
- The interaction of stress and substance abuse
  - Campus resources available for the treatment of substance abuse
- Social and cultural considerations for the study and treatment of mental health both in South Dakota and society as a whole.

**Skills Gained:**

- Stress Management
- Time Management
- Written Communication
- Communication with Professors and Peers
- Presentation Skills
- Utilization of Course Technology
- Study Skills
- Teambuilding Skills