Welcome to Psychology 60: Stress Management Online at LAVC!

The information below is provided to answer your questions about this online class at LAVC and to help you prepare before the start of the semester.

Course Description:
Examines how stress influences our lives. Course topics include stress reduction, relaxation techniques, time management, stress management, psycho-physiological factors, the roles of health, exercise and nutrition, and occupational, personal, and age-related stress issues.

What are the prerequisites for this class? None at this time.

Does this class transfer to the UC/CSU system? As per the LAVC catalog, this class transfers only to the CSU system.

Do we have any class meetings on campus?
This class is 100% online. While there are no class meetings, you will need to attend class online many times each week, as frequent login is necessary for your success in this class. Logging in just once a week to class is not recommended.

What textbook do I need for class?
The required textbook is *Coping with Stress in a Changing World* by Richard Blonna, 4th edition only. Please do not purchase this book used as it contains perforated worksheets. There are two different covers for this book and either is fine as long as you purchase a new book that is the 4th edition.

This textbook may be purchased from the LAVC Bookstore in-person or the LAVC Bookstore online (shipped to your address). The website for the LAVC bookstore online purchasing is [http://www.lavcbookstore.com](http://www.lavcbookstore.com) Select the term and click “go”, then select the department, course number, and your section.

Or, you may purchase the ebook at: [https://create.mcgraw-hill.com/shop/#/catalog/details/?isbn=9781121214279](https://create.mcgraw-hill.com/shop/#/catalog/details/?isbn=9781121214279)

The textbook will be used often in this class. Quizzes are based heavily on the textbook readings and the material discussed and presented online. It is your responsibility to purchase your textbook in time for the first day of classes.

Can I use any web browser with Etudes?
No. LAVC online classes are conducted using “Etudes”, an online class website. In order to use this site, you are required to use Internet Explorer and/or Firefox only. These are the only two web browsers that are fully functional with Etudes.

How do I login to class?
This class site will open the evening before the first day of classes. Below are the steps to complete prior to logging in to class:

Step 1: To download the required version of Internet Explorer and/or Firefox, please visit [https://myetudes.org/](https://myetudes.org/) and click on the “login” link, then click on the “system requirements” link.

Step 2: Visit the LAVC Virtual Valley website at: [http://www.lavc.edu/virtualvalley/index.html](http://www.lavc.edu/virtualvalley/index.html) Read the “online tutorials,” the “FAQ’s,” “student resources,” “how to login” and the “help” areas. Please take the time to familiarize yourself with the LAVC Virtual Valley site and all the valuable resources available to you.

Step 3: After reading the items in step 2, please also bookmark the Etudes site at: [https://myetudes.org/](https://myetudes.org/)
*Your Etudes login ID is different from your LAVC login information, so please follow the login instructions carefully on the LAVC Virtual Valley site.

Once you login to Etudes, you will see a tab for “my workspace” where you can enter or verify your email address. The class tab will appear the evening before the first day of classes.

**Can I use a Mac?**
Yes, however, you need to use only Firefox or Internet Explorer as your web browser. Do not use Safari, or you will encounter problems. See the information above for the links to download the required web browser(s).

**Do I need an email address?**
Yes! In order to receive important class announcements with reminders about upcoming due dates, you need to have your current email address listed with the LAVC Admissions and Records office. To check the email address you have listed with the college, go to the online student registration system – go to www.lavc.edu and click on the “register for classes” link to login to the student system and view your email address. If you do not have an email address you can get one for free from websites such as Yahoo or Google. Once you login to Etudes you can also change or verify your email address again in the “my workspace” area.

**What if need HELP, or I cannot login, or I have technical issues?**
We have lots of help for you! Please visit the Virtual Valley “Help” page at http://www.lavc.edu/virtualvalley/ where you can call, email, or walk in to get help. If you are still unable to login, email me immediately at trombcm@lavc.edu

**What technical skills do I need for this class?**
The expectation of students who take an online class is that you know how to use a computer, the internet, and word processing programs. See above for the online tutorial on the Virtual Valley website. It is highly recommended that you have a backup computer plan such as a computer at a friend/family’s house, a Fedex Office store location (usually open 24 hours), Internet café, public library, the college computer labs, etc. Technical problems will not be accepted as an excuse for missed deadlines or any other issues.

**What are some of the requirements for this course?**
This class includes weekly interactive online discussions (about 15 total) that have a tiered grading system whereby you need to post within the first several days to earn the maximum amount of points. There are also 4-6 assignments, 4-5 quizzes, and a final exam. The detailed syllabus will be available once the class site opens.

To participate in the weekly interactive and engaging discussions you will need a class photo of you and only you. See my photo below as an example. Start looking for a photo you like, or take a new photo of just you for class!

**Is an online class easier than a face-to-face class?**
No. An online class is not any easier, nor does it take any less time than the in-person version. You need to have the time and be self-motivated and self-disciplined to succeed. Online classes are not for everyone.

Due to the nature of the online environment, there will be a lot of reading and writing involved in this class. In other words, this is a difficult class. Taking it online makes it more difficult, not easier.

**Will I be dropped if I do not participate in class?**
If you do not participate in class you are considered a “no show” and will be dropped from the class. Please login to class within the first few days of the start of the semester to participate. If you do not complete the first week’s discussion and/or assignment, you will unfortunately be dropped from the class. No exceptions.

**What if I still have questions before the semester begins?**
Hopefully this welcome letter has addressed all your questions, but if you still have questions, please send me an email - my email address is listed below.

‘See’ you online in the Fall!

Cherine M. Trombley, Ph.D  
Assistant Professor, Psychology Department  
Email: tromblcm@lvc.edu