



Instructionally Related Activities Funds Request Spring 2015

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IRA Funds Request for Life Balance for Future Helping Professionals

Instructionally Related Activities Funds Request Summary

Project Sponsor	Michelle Moon
Activity Title	Life Balance for Future Helping Professionals
Activity/Event Date	May, 2015
Date Funding Needed By	April, 2015
Previously Funded?	No
Semester/Year	—
Proposal #	—
Report submitted for previously Funded Activity?	—
Report submitted for previously Funded Activity	—
Additional Report #1	—
Additional Report #2	—
Additional Report #3	—
Additional Proposers	—
Academic Program(s) / Center Name(s)	Psychology Program
Estimated total Course Fee revenue	0
Amount Requested from IRA	\$6,318.00
Estimated Number of Students Participating	25
Conditions and Considerations	Field Trip
Brief Activity Description	<p>The majority of our psychology students continuing on to graduate school, pursue a career as a helping professional (Marriage and Family Therapist, Licensed Counseling Social Workers, PsyD, Ph.D.) and often face tremendous levels of stress and burn-out. Helping professionals often encounter long-term physical and mental health difficulties resulting from failure to cope with the stress of their work lives.</p> <p>I have developed a new course, Life Balance for Future Helping Professionals, PSY 490, which is designed to help students learn effective coping skills to better deal with stress management. In this course, students will become familiar with the literature on approaches to life balance, wellness, and self-care. Students will be presented with theory, and receive lectures on current research on stress, psychoneuroimmunology, wellness and the application</p>

	<p>of yoga, meditation, exercise and mindfulness. Students will identify personal preferences for the application of life balance strategies. This IRA grant will allow students to gain experience and application of theory, and find practices that will best fit students' personal style and individual needs. Specifically the grant will fund a one day experience at the California Health and Longevity Institute (CHLI) in Thousand Oaks, California, for 25 students who enroll in the course. Students will participate in a wellness kitchen class where a dietician will provide information on nutrition. Students will be instructed on selecting ingredients and preparing healthy meals. Students will also engage in an eastern and western mind-body experience, to reduce stress. Students will learn about chronic stress, and the impact it can have on one's body and immune system.</p> <p>I have been in contact with CHLI, and have negotiated a discounted rate of \$234 per student. Students will travel to and from the facility in private vehicles, at their own expense.</p>
Learning Outcomes and Relation to IRA to Course Offerings	<p>In this course, students will:</p> <ul style="list-style-type: none"> *Learn about proper nutrition and its role in physical health. *Develop strategies for healthful meal preparation and planning for life-long wellness. *Become familiar with the literature and approaches to life balance, wellness, and self-care. *Be presented with theory, and receive lectures on the current research on stress, psychoneuroimmunology, wellness and the application of yoga, meditation, exercise and mindfulness. *Identify personal preferences for the application of life balance strategies.
Description of Assessment Process	<p>Students will keep personal journals and reflect on their ability to participate in life balance practices during the semester, as well as cognitions that interfere with one's ability to prioritize health and wellness. Students will also write a report at the end of the semester summarizing their experience and insights into the need for self-care as a preventive measure for future professional burn-out. Students will also provide an evaluation of their experience at CHLI.</p>
Activity Budget	1314iraregularbudget.xlsx
CIA Budget	—
CIA Proposal	—
Course Syllabus	—
CIA Certification	I certify that students attending this trip are not previous or repeat attendees of a prior International UNIV 392 Trip
Other Sources of Funding	N/A
Target Audience/Student Marketing	Participating students will be those enrolled in the course (Life Balance for Future Helping Professionals, PSY 490).
Bring Benefit to Campus	Students will present on the benefits of life balance and wellness during the Spring Psychology Poster Conference.
Sustainability	N/A
Program Chair/Director	virgil.adams
Academic Affairs AVP	karen.carey
Acknowledgement	I acknowledge that I have reviewed and accepted the Conditions and Considerations herein. Please check off boxes as appropriate.

Program Chair/Director Approval

Approval	I approve the IRA Funds Request described on this page
Name	Virgil Adams
Date/Time	9/30/2014 10:19:44 PM
Validation	myCI-signin-TJ-1217

Academic Affairs AVP Approval

Approval	I approve the IRA Funds Request described on this page
Name	Karen Carey
Date/Time	10/1/2014 7:55:14 AM
Validation	myCI-signin-4V-0672