

**LEHMAN COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK**

DEPARTMENT OF SOCIOLOGY

CURRICULUM CHANGE

1. **Type of change:** New course

2.

Department(s)	Sociology
Career	<input checked="" type="checkbox"/> Undergraduate [] Graduate
Academic Level	<input checked="" type="checkbox"/> Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Sociology
Course Prefix & Number	SOC 221
Course Title	The Sociology of Stress and Health
Description	Health and stress from a sociological perspective, including social stressors and their consequences for mental and physical health.
Pre/ Co Requisites	NA
Credits	3
Hours	3
Liberal Arts	<input checked="" type="checkbox"/> Yes [] No
Course Attribute (e.g. Writing Intensive, WAC, etc)	NA
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

3. **Rationale:** This course covers a subtopic in sociology that is not addressed in the

current course offerings (or may be minimally touched upon in a couple of other electives) and it is of general interest to the student body. The department's other courses on health are upper-level courses. As such, a 200-level course on this topic fills a departmental need for a lower-level health course and can be a good introduction to sociological research that invites students into the major. The course was originally offered in Fall 2018 as SOC 251: Special Studies in Sociology.

4. **Learning Outcomes (By the end of the course students will be expected to):**

- Identify different types of social stressors
- Understand the effects and consequences of social stressors
- Explore complex relationships between stressors and health outcomes
- Draw connections between course concepts to contemporary issues and initiatives
- Refine critical thinking, writing, and public communication skills

5. **Date of Departmental Approval:** 9/12/2018