

HDFS 3533
Fall 2025

Professor: Lauren Nunez, CFLE

Class Meetings: Wednesday 2:00-4:50 pm

Class Location: Wooten Hall 217

Office Hours: T/R 11-12:30 p.m. & Wednesday 11-2 pm

Office location: Matthews Hall 322 C

Email: lauren.nunez@unt.edu. If you email me, tell me what class you are in!

Course Resources Textbook: Price, Price, & Bush (2017). *Families & change: Coping with stressful events and transition* (5th ed). Thousand Oaks, CA: Sage Publications.

Course Description:

The purpose of this course is to examine the experiences of individuals and families when crises occur. The class is designed to introduce you to traumatic stress from both individual and systemic theoretical perspectives. The course will focus on stressors in the lives of families that can contribute to family crisis while providing an introduction to family stress theory. There will be an overview of family resources, perception, and coping as they contribute to family adjustment (prior to crisis) and adaptation (post-crisis).

Course Objectives:

1. Acquire knowledge of stressors that many families face and how these stressors affect family life.
2. Demonstrate ways to help families who are facing problems associated with life changes (stressors).
3. Comprehend family stress theory and its relevance to family life.
4. Describe how the context in which families function influences the way they are affected by stressors.
5. Apply concepts learned in this class to "real-life" situations.

Graded Activities- Late work is accepted with 10% penalty per day late up to 5 days, unless you have an excused absence.

- **Tests: (300 points total)**

There are 3 non-cumulative tests. Each is worth 100 points toward your total grade. Testable material will be drawn from both in-class information (lectures, class discussions, videos) and assigned readings. Not everything in the text may be covered in class and not everything presented in class is covered in the text. All tests will include multiple choice questions and short answer/essay.

- **Crash Movie Analysis (50 points)**

This is your “warm-up” assignment for your final ABC-X assignment. You will apply the ABC-X model to this movie provided in class. You will have the opportunity to choose which character(s) you want to analyze. The assignment will involve taking the double ABC-X model and applying its components to the facts in this movie. You must be able to correctly identify each of the components in the model. This will be a 2 page assignment in which you will take notes in class and turn-in a week later.

- **In class discussions: (10 x 10)= 100 points total)**

There will be 5 unannounced discussions that take place in class throughout the semester in which you will reflect on specific topics in small groups. You will then turn in one paper for your group with all names on it- someone can be the writer for the group and will submit it on canvas. Requirements: Double-spaced, APA format, legible. No more than 2 pages, no less than ½ page.

- **ABC-X Assignment (100 points)**

In this assignment you will be asked to apply the double ABC-X model, readings from class, and class discussions to a real-life situation. This situation may be one that has occurred in your life or may be something that has been experienced by someone you know. Even if the story you are telling is one that happened to someone else, you need to write the story yourself. You will not be required to identify the people in the situation (you may invent names if you wish). The assignment will involve taking the double ABC-X model and applying its components to the facts in your situation. You must be able to correctly identify each of the components in the model. The first page of your paper will be the diagrammatic representation (as shown in class), followed by a 3 page explanation of the parts of the story in accordance with the model.

- **Iclicker Reef – Participation- 30 points**

Engaging in Iclicker throughout the semester will result in points towards your final grade! Iclicker is on the left-hand side on our Canvas homepage! You will need to create an account. Engagement, participation and interaction are important elements of the learning process. To that end, we will be using iClicker Reef, so each student must be registered to Reef and have a device (computer, smartphone or tablet) for polling responses for this course. When told by your professor, you will use iclicker to sign in and you will also be using iClicker for occasional participation points.

Because iClicker Student is flexible across devices, you may participate by choosing one of the two options below:

iClicker Reef app: You may use your own smartphone or tablet by downloading the app available for iOS and Android

iClicker Reef website – iclicker.com – for browser-based use

With either option, you will create an account with iClicker, select University of North Texas as your institution, and enter your EUID (your Canvas login ID) in the *Student ID (optional)* space.

To add the course to your iClicker Reef list, log into Canvas using a browser and click the link in this course. You'll be directed to your iClicker Reef account. Log in as needed and the course will appear in your personal list.

Click on the course and JOIN when we are in session. Connecting via wifi in UNT classrooms is highly recommended.

****Students are actively involved in in-class learning experiences as is evidenced by:**

- (1) participating in all activities in a professional and respectful manner
- (2) completing written work related to the activities
- (3) supporting the participation and learning of classmates. • Students show evidence of critical reflective thinking through discussion boards.

Evaluation

1. Informal assessment methods might be used to include peer-to-peer discussions, reaction papers, and group discussions. These assignments will not be graded, but will be used as a gauge of your learning of the material.

2. Formal assessments will consist of 3 exams, 5 in-class discussions one movie/tv show analysis, and final assignment. Grades for each exam typically will be announced in 2-3 days.

Grades. Make note of the points you earn on exams, assignments, and the paper. You can then calculate your grade as you go.

Grading Scale

A student's grade in the course will be based on a total of 550 points and will be assigned as follows:

Course Requirements:

1 Clip analysis= (50 points)

3 Exams x 100 points= (300 points)

1 ABC-X assignment (100 points)

In-class discussions 10 x 10 (100 points)

I-Clicker participation (30 points)

Total Points (580 Points)

A: 522-580

B: 464-521

C: 406- 463

D: 348- 405

F: 341 and below

Course Calendar

(Dates subject to change)

<u>Dates</u>	<u>Topic</u>	<u>Assignments/Readings</u>
<u>8/20</u>	Theoretical Framework	<u>Chapter 1</u>
<u>8/27</u>	Everyday Hassles	<u>Chapter 2</u>
<u>9/3</u>	Economic Stress	<u>Chapter 16</u>
<u>9/10</u>	Coping with Mental & Physical Health Issues	<u>Chapter 14</u>
<u>9/17</u>	Coping with Mental & Physical Health Issues	<u>Chapter 14</u>
<u>9/24</u>	Test review	<u>Test 1 9/24:</u> Chapters 1, 2, 14, 16 <u>Read chapter 15</u>
<u>10/1</u>	Substance use	<u>Chapter 15</u>
<u>10/8</u>	Responding to School/Community Violence	<u>Chapter 13</u> <u>Movie on 10/8</u>
<u>10/15</u>	Family violence	<u>Read: Chapter 11</u>
<u>10/22</u>	Parenting stress	<u>Clip analysis due 10/24</u> <u>Chapter 3</u>

<u>10/29</u>	Wrap up parenting stress	<u>Test 2 TBD</u> Chapters 11, 13, 15, 3.
<u>11/5</u>	Divorce and Family stress	<u>Read: Chapter 9 & 10</u>
<u>11/12</u>	Immigrant families Military families	<ul style="list-style-type: none"> • ABC-X assignment due 11/14 at 11:59 pm
<u>11/19</u> <u>No class 11/26</u>	LGBT Families	<u>Ch 5</u>
<u>12/3</u>	Wrap up- immigration families	
<u>Dec 10</u> <u>Take it from home with</u> <u>lockdown browser. Open 8 am</u> <u>to 5 pm</u>	(all material since test 2) Chapter 17	

ATTENDANCE EXPECTATIONS:

Attendance: This course is designed and organized to be highly collaborative and interactive. Our sessions will involve small and whole group activities and discussions. Therefore, your attendance and participation are essential to the learning of everyone in our course. It is very difficult to be enriched by discussions and collaborations if you are not physically present or prepared for class. Per university policy 06.039 an excused absence falls under the following categories:

- religious holy day, including travel for that purpose;
- active military service, including travel for that purpose;
- participation in an official university function;
- illness or other extenuating circumstances;
- pregnancy and parenting under Title IX; and
- when the University is officially closed.

If you are unable to attend a class for any reason (including those not listed above), please be sure to notify me as soon as possible. For reasons not listed above where missing class is unavoidable, please let me know so that we can come up with an alternate plan. It is my discretion to excuse absences for reasons not listed above, and it is imperative that you communicate with me.

Attendance and participation in this class is required. Our time in class will consist of a lot of small group and whole class discussion. You are a vital part of a learning community, and your contributions are part of the knowledge that we create in our classroom. We need you here as often as you are able. With that said, things come up. When you can't be in class, I expect you to let me know ahead of time if you can. Missing more than two class periods or missing any class without contacting the instructor will affect the participation portion of your grade and may warrant further administrative action. If you are absent, you are still responsible for turning in assigned work.

5 + unexcused absences results in an F.

Academic Integrity and Professional Conduct

It is expected that students will conform to the University of North Texas Code of Student Conduct and Discipline as outlined in the undergraduate catalog and online through the Center for Student Rights and Responsibilities. Students caught cheating or plagiarizing will receive a "0" for that particular assignment or exam and possible grade consequences for the class. Additionally, the incident will be reported to the Dean of Students, who may impose further penalties. According to the UNT catalog, the term "cheating" includes, but is not limited to: a. use of any unauthorized assistance in taking quizzes, tests, or examinations; b. dependence upon the aid of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments; c. the acquisition, without permission, of tests or other academic material belonging to a faculty or staff member of the university; d. dual submission of a paper or project, or resubmission of a paper or project to a different class without express permission from the instructor(s); or e. any other act designed to give a student an unfair advantage. The term "plagiarism" includes, but is not limited to: a. the knowing or negligent use by paraphrase or direct quotation of the published or unpublished work of another person without full and clear acknowledgment; and b. the knowing or negligent unacknowledged use of materials prepared by another person or agency engaged in the selling of term papers or other academic materials.

Students are also expected to conduct themselves as mature and responsible adults while enrolled in this course. This includes displaying respect for peers and faculty, accepting personal responsibility for participating in discussion boards, maintaining class notes, and completing given assignments.

Acceptable Student Behavior

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at <http://deanofstudents.unt.edu>.

Access to Information – Eagle Connect

Your access point for business and academic services at UNT occurs at <http://www.my.unt.edu>. All official communication from the university will be delivered to your Eagle Connect account. For more information, please visit the website that explains Eagle Connect and how to forward your e-mail: <http://eagleconnect.unt.edu/>

ADA Statement

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. For additional information see the Office of Disability Accommodation website at <http://disability.unt.edu>. You may also contact them by phone at (940) 565-4323.

BASIC NEEDS

Any student who has difficulty affording groceries or accessing sufficient food to eat every day, or who lacks a safe and stable place to live, and believes this may affect their performance in the course, is urged to contact the Dean of Students for support. Furthermore, please notify me if you are comfortable in doing so. This will enable me to provide any resources that I may possess. Information on the UNT food pantry can be found at <http://deanofstudents.unt.edu/resources/food-pantry>