

Imagine that you have been asked to help address the problem of high levels of stress on campus, especially among college students. The University wants to reduce stress overall **and** to reduce gaps in stress levels due to underlying social determinants. Excessive and chronic stress can harm health and can hurt students' academic success. Aside from outright banning of exams or abolishing grades entirely, propose and discuss specific ways to change our campus and IUP policies—perhaps even the larger community and society as a whole—so that people are **exposed** to less stress and are **less vulnerable** to the consequences of stress. (Try not to increase the stress of faculty, support staff, or the broader IUP community.) Be sure to think through the different **levels of prevention** with special attention to **fundamental causes** (not just proximate causes) of stress and health. This means you should discuss how to reduce stress **without** relying on increases in physical and mental health services.

Write an essay addressing the above scenario where you argue forcefully for resources and action to address problems related to stress. Use complete and grammatical sentences in organized paragraphs. Connect your ideas in meaningful ways to the assigned readings. Demonstrate this by discussing, citing and referencing at least three assigned readings from this course. (The Barkan textbook, *HIS*, counts as one source. The Cockerham book counts as one source.)

Minimum length: 3 full pages (~1,200 words)

Format: typed, double-spaced, 12-point font, maximum 1-inch margins

Submit your essay electronically on D2L **or** by hand in class.

Follow rules of citation and referencing: provide page numbers for direct quotation or paraphrasing; AND provide complete reference at the end of your essay (not included in minimum length). For example:

According to Barkan (2017: 27), primary prevention focuses on changing the social contexts and the physical aspects of the environment that tend to harm health and create disease.

References

Barkan, Steven E. 2017. *Health, Illness, and Society: An Introduction to Medical Sociology*. (Lanham, MA: Rowman & Littlefield).