

Schedule for “The Neuroscience of Stress with *Why Zebras Don’t Get Ulcers*”
Spring 2023

On the listed date, assignments for the week will be made available. Reading should be completed during that week. Assignments will be due on Sunday night at the end of that week. Mini Projects are opportunities to expand on a topic of your choice related to the text and class and may be turned in before the listed due date.

Example, week 1 begins on Monday, January 16 and ends Sunday, January 22 at 11:59 PM.

Date	Reading	Topic
1/16/23	Introduction, Ch. 1	Why Don’t Zebras Get Ulcers? What stresses me?
1/23	Ch. 2	History and anatomy of relevant body parts
1/30	Ch. 3	Strokes and Heart Attacks
2/6	Ch. 4	Metabolism
2/13	Ch. 5	Digestive System and Stress
2/20	Ch. 6	Parenting, Growth, and Thriving of Children
2/27	Ch. 7	Sex and Reproduction
3/6	Ch 8	Immunity and Disease
3/13	Spring Break	(Ch. 8 assignment due this week)
3/20	Ch. 9	Pain + Mini Project 1 Due
3/27	Ch. 10	Memory
4/3	Ch. 11	Sleep
4/10	Ch. 12	Aging
4/17	Ch. 13	Psychological Stress
4/24	Ch. 14	Depression
5/1	Ch. 15	Personality
5/8	Ch. 16	Addiction
5/15	Ch. 17	Structural Oppression and Poverty
5/22	Ch. 18	Managing Stress
5/29	Conclusion / Review	Mini Project 2 Due