



ANSWERING GOD'S CALL

PATH6334: Stress and Conflict Management

Fall 2023 Semester

New Orleans Baptist Theological Seminary

Tuesday Only, 6:00-8:50 pm (CT)

NOLA2U Flex Option

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Seminary Mission Statement

New Orleans Baptist Theological Seminary and Leavell College prepare servants to walk with Christ, proclaim His truth, and fulfill His mission.

Course Description

This course is designed to help students understand the causes and effects of stress and interpersonal conflict. Attention will be given to managing stress and conflict in personal ministry within the church context. Students will study biblical principles, contemporary theories, available resources, and practical methods for managing stress and conflict effectively. *Prerequisites: PATH5331 Pastoral Ministry (or PATH5333 Christian Ministry) and CCSW6214 Interpersonal Relationship Skills.*

Student Learning Outcomes

By the end of the course, the student will:

1. Understand various causes and effects of personal and interpersonal conflict and stress.
2. Be acquainted with theological concepts, practical strategies, and helpful resources regarding managing stress and conflict;
3. Know how to assess personal stress management needs, devise an appropriate stress management plan, and implement such a plan effectively;
4. Have gained insights about managing and resolving personal and church conflict in ways that facilitate ministry in contemporary church contexts;
5. Value leadership principles, models, and methods related to conflict management and resolution.

Required Textbooks

Bullard, George W. *Every Congregation Needs a Little Conflict*. St. Louis, MO: Chalice Press, 2008.

Frisbie, David, and Lisa. *Managing Stress in Ministry*. Kansas City, MO: Beacon Hill Press, 2014.

Yessick, Tommy. *Building Blocks for Longer Life and Ministry*. Nashville, TN: Convention Press, 1997.
(The book is out of print -- a PDF copy will be uploaded on Canvas.)

Course Teaching Methodology

The professor will utilize presentations, case studies, group work, and student feedback, incorporating the

required textbooks and assignments.

Course Assignments

1. Take the Holmes-Rahe Stress Inventory and be ready to discuss your profile in the first-class period **on August 15th**. <https://www.stress.org/holmes-rahe-stress-inventory>. Post your score on the inventory in the Canvas portal designated “Stress Inventory Score” no later than 8:00 am, August 15th.
2. Read the Yessick textbook and answer the questions on the Wellness Inventory beginning on page 105. Be prepared to discuss your assessment scores during the second-class period on **August 22nd**. Then, write a **Personal Wellness Action Plan** to include a one-page Summary of Yessick’s six wellness categories and a two-page discussion of proposed actions to bring wellness to your life, present, and future. The **Personal Wellness Action Plan** is due on the third-class period, **August 29th**.
3. Read the assigned chapters of the Frisbie textbook as indicated in the class schedule. No written assignment for this requirement, but the **Mid-term exam** will involve the content of this textbook.
4. Read the Bullard textbook and create **Chapter Reactions** to include the following for EACH CHAPTER of the book: (1) A bullet list of three significant takeaways or key insights from EACH chapter. The bullet list should be single-spaced. [Note: If the takeaway or insight is a “direct quote,” please indicate the page number via endnotes and not footnotes] (2) Answer all of the questions in the “Coaching Insights” feature at the end of EACH chapter. [Note: Do not confuse the “Coaching Insights” sections with the “Coaching Breaks” sections.] The Coaching Insights sections consist of “squares” [Note: In some versions of the book, the Coaching Insights for chapter 3 are missing the “squares”]. Provide your answers in complete sentences – one paragraph, single-spaced for each “square,” even if the “square” involves several questions. Single-space between each single-spaced paragraph, with no paragraph indentions; chapter titles listed as headings; title page required.

The Chapter Reactions are due no later than 8:00 am on the dates that correspond with the course schedule, posted in the Assignments section of Canvas.

5. **Final Exam.** Write a **Conflict Resolution Case Study** to analyze and propose a solution or approach to resolving a problematic conflict situation typical of those which occur in a congregation. The conflict situation must fit into one of the first four levels of intensity discussed by Bullard. The professors must approve the situation to be addressed. The case study must be double-spaced, six to eight pages (not counting the title page or the bibliographic reference list), utilizing Bullard, plus two additional books, two articles, and biblical references which inform the analysis and proposed solution, resources referenced by footnotes. The case study should discuss the following topics: *Conflict Description* (a brief detail of the situation and the Intensity level), *Situation Analysis* (the Goal of the leader in addressing the conflict situation and the desired conflict outcome), and *Solution Proposed* (Role the leader must assume in resolving the conflict and the potential Leadership Styles to be taken with the congregation). Title page, footnotes, headings, and pagination should use Turabian 8 as the style guide. The books, articles, and translation of the Bible should be listed on a Reference page, with bibliographic entries according to Turabian. **Due: No later than noon, on the day of the scheduled day for the Final Exam, uploaded on Canvas.**

Fall 2022 Stress and Conflict Management Schedule

(Note: All dates are Wednesdays, 8:00-10:50 am (CT))

August 15 th	Course Introduction & Discussion of the Holmes Rahe Stress Inventory (Assignment 1)
August 22 nd	Yessick Wellness Inventory (Assignment 2)
August 29 th	Personal Wellness Action Plan (Assignment 2)
September 5 th	Managing Stress in Ministry, Section One: The Impact of Stress
September 12 th	Managing Stress in Ministry, Section Two: 5 Key Stressors
September 19 th	Managing Stress in Ministry, Section Three: Strategies that Can Reduce Ministerial Stress
September 26 th	Mid-Term Exam (Assignment 3)
October 3 rd	Fall Break
October 10 th	Bullard, Chap 1 (Assignment 4)
October 17 th	Bullard, Chaps 2 & 3 (Assignment 4)
October 24 th	Bullard, Chaps 4 & 5 (Assignment 4)
November 7 th	Bullard, Chaps 6, 7, & 8 (Assignment 4)
November 14 th	Bullard, Chaps 9 & 10 (Assignment 4)
November 21 st	Thanksgiving Week
November 28 th	Bullard, Chap 11 (Assignment 4) & Review
December 5 th	Final Exam Conflict Resolution Case Study (Assignment 5)

Course Evaluation

Yessick Wellness Inventory & Action Plan	20%
Mid-Term Exam	20%
Bullard Chapter Reactions	40%
Final Exam (Case Study)	20%

If you are taking this course as a NOLA2U Flex student, please note the following attendance policies:

1. You are required to be in class either through viewing the lectures live or viewing the recorded lectures on Canvas. When you view the recorded lecture, you will be considered present for that class. Regardless of if you watch the class live or recorded, you are only allowed to miss the amount of class time specified in the NOBTS attendance policy as stated in this syllabus.
2. You will be asked to certify that you have been present for the live session or have viewed the recorded session. This certification will be done through [**assignment by professor**] after watching the class live or viewing the recorded session.
3. All video lectures are available for 7 days after the video is posted. You will be considered absent for that class session if you cannot view the video within that time frame.
4. Technical issues will not be considered a valid reason for missing a lecture.

If you are taking this course as a NOLA2U Live student, please note the following attendance policies:

1. The course on the New Orleans campus will be connected synchronously via Web conferencing with Internet students. These courses will require weekly attendance at the stated class meeting times.
2. Students are only allowed to miss the amount of class time specified in the NOBTS attendance policy as stated in this syllabus.
3. Technical issues will not be a valid reason for missing a class session.

Grading Scale: Your final grade will be based on your total accumulated points as indicated under this syllabus's *Assignments and Evaluation Criteria* section according to the current NOBTS online catalog grading scale.

A: 93-100

B: 85-92

C: 77-84

D: 70-76

F: 69 and below

Late Assignments: Only under extreme circumstances and with prior approval will a late assignment be accepted. Late assignments will be assessed with an initial 10-point penalty and 1 point each day after the due date. No assignments will be accepted more than two weeks after the original due date. Missed presentations may not be made up.

Netiquette: Netiquette refers to appropriate online behavior in Canvas or other online discussions. Each student is expected to demonstrate appropriate Christian behavior when working online on Discussion Boards or whenever interaction occurs through the web, digital, or another electronic medium. The student is expected to interact with other students in a fashion that will promote learning and respect for the opinions of others in the course. A spirit of Christian charity is expected at all times in the online environment.

Plagiarism: NOBTS has a no-tolerance policy for plagiarism. Plagiarism, in some instances, may result in expulsion from the seminary. See the NOBTS Student Handbook for definitions, penalties, and policies associated with plagiarism.

Revision of the Syllabus: The course syllabus is not a legal contract. Any syllabus revision will be preceded by reasonable notice to students. The standards and requirements outlined in this syllabus may be modified at any time by the professor. Notice of such changes will be by announcement in class or email.

Withdrawal from the Course: The administration has set deadlines for withdrawal. These dates and times are published in the academic calendar. Administration procedures must be followed. You are responsible for handling withdrawal requirements. A professor can't issue a withdrawal. You must do the proper paperwork to ensure that you will not receive a final grade of "F" in the course if you choose not to attend once enrolled.

Additional Information:

Correspondence with the Professors: Every effort is made to respond to emails within 24-48 hours, excluding weekends. Please feel free to contact the professor(s) with any questions you may have regarding this course.

Help for Writing Papers at “The Write Stuff”

This is the official NOBTS Writing Center online help site for writing academic papers and essays. <http://www.nobts.edu/writing/default.html> You will discover writing guides, tips, and valuable information to help you become a better writer. Go here for Turabian and APA style helps and guidelines. You will also find language fonts for Greek and Hebrew.

Hurricane/Severe Weather Evacuation: For up-to-date weather information, stay tuned to:

- WBSN FM-89.1
- WWL Channel 4
- WWL AM-870
- www.nobts.edu

Mandatory Evacuation: Hurricane season lasts from June 1 to November 30. If the Mayor or the President of NOBTS recommends that you leave the city, then do so. If a mandatory evacuation is called, everyone except emergency personnel must leave. Staying on campus is not an option. See the *Student Handbook* for further information regarding hurricane preparedness, evacuation, and shelter.

NOBTS Emergency Text Messaging Service: Once you have established a SelfServe account, you may sign up for the NOBTS emergency text messaging service by going to <http://nobts.edu/NOBTSEmergencyTextMessage.html>.

Special Needs: If you need accommodation for any type of disability, please set up a time to meet with the professor(s) to discuss any modifications you may need and that we can provide.

Technical Support: For assistance regarding technology, consult ITC (504-816-8180) or the following websites:

- Selfserve@nobts.edu - Email for technical questions/support request for help with the site (Access to online registration, financial account, online transcript, etc.).
- ITCSupport@nobts.edu – Email for general technical questions/support requests.
- www.NOBTS.edu/itc/ - View general NOBTS technical help information on this website.
- **Student Guide to Canvas:** <https://community.canvaslms.com/t5/Student-Guide/tkb-p/student>

Selected Bibliography

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