

TOROS ÜNİVERSİTESİ

Vocational School
First Aid And Emergency

Course Information

STRESS MANAGEMENT					
Code	Semester	Theoretical	Practice	National Credit	ECTS Credit
		Hour / Week			
OSD406	Spring	2	0	2	2

Prerequisites and co-requisites	
Language of instruction	Turkish
Type	Elective
Level of Course	Associate
Lecturer	Lec. Edlan BOSTANCI
Mode of Delivery	Face to Face
Suggested Subject	-
Professional practise (internship)	None
Objectives of the Course	Individual and institutional levels to cope with the pressures faced adversities show the way to take control.
Contents of the Course	The concept and scope of stress, Symptoms and stages of stress and its Consequences Factors that cause stress, stress management and control.

Learning Outcomes of Course

#	Learning Outcomes
1	Stress, coping and adaptation concepts can be described as comprehensive
2	Current sources of stress, coping with stress and be able to discuss their impact on individuals
3	Stress management techniques can be applied to different circumstances
4	Lists can be stress and adjustment disorders
5	To explain the process to adapt to different stressors

Course Syllabus

#	Subjects	Teaching Methods and Technics
1	Introduction of the course	Face to face
2	Stress and Adaptation Definitions	Face to face
3	Stress Response	Face to face
4	Concepts Effective stress: Control Perception	Face to face
5	Personality Traits	Face to face
6	Social Support	Face to face
7	Midterm Exam	
8	Stress Measurement Methods	Face to face
9	Coping with Stress and Measurement	Face to face
10	Stress Management Techniques	Face to face
11	Connecting and feelings	Face to face
12	Emotion Regulation	Face to face

13	Adjustment Disorders	Face to face
14	Disaster Management	Face to face
15	After Trauma Growth	Face to face
16	Final Exam	

Course Syllabus

#	Material / Resources	Information About Resources	Reference / Recommended Resources
1	Stres Yönetimi - Doç. Dr. Ersin Altıntaş, Alfa Aktüel Yayınları, İstanbul, 2003		
2	Aldywin, C. M. (2007). Stress, Coping and Development. New York: Guilford Press Smith, J., C. (2002). Stress Management: A Comprehensive Handbook of Techniques and Strategies. New York: Springer Publishing Company		

Method of Assessment

#	Weight	Work Type	Work Title
1	40%	Mid-Term Exam	Mid-Term Exam
2	60%	Final Exam	Final Exam

Relationship between Learning Outcomes of Course and Program Outcomes

#	Learning Outcomes	Program Outcomes	Method of Assessment
1	Stress, coping and adaptation concepts can be described as comprehensive		
2	Current sources of stress, coping with stress and be able to discuss their impact on individuals		
3	Stress management techniques can be applied to different circumstances		
4	Lists can be stress and adjustment disorders		
5	To explain the process to adapt to different stressors		

PS. The numbers, which are shown in the column Method of Assessment, presents the methods shown in the previous table, titled as Method of Assessment.

Work Load Details

#	Type of Work	Quantity	Time (Hour)	Work Load
1	Course Duration	14	2	28
2	Course Duration Except Class (Preliminary Study, Enhancement)	0	0	0
3	Presentation and Seminar Preparation	14	1	14
4	Web Research, Library and Archival Work	14	1	14
5	Document/Information Listing	0	0	0
6	Workshop	0	0	0
7	Preparation for Midterm Exam	1	1	1
8	Midterm Exam	1	1	1
9	Quiz	0	0	0
10	Homework	0	0	0
11	Midterm Project	0	0	0
12	Midterm Exercise	0	0	0
13	Final Project	0	0	0

14	Final Exercise	0	0	0
15	Preparation for Final Exam	1	1	1
16	Final Exam	1	1	1
				60