



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Coping With Stress							
Course Code		BİY299		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		It is aimed to enable the student to obtain the knowledge and skills of overcoming the stress in occupational and personal development, and the skill of supporting the reactions of the person to stressful conditions.							
Course Content		Defining the concept of stress , stress type , the causes of stress, positive approaches to coping with stress , stress coping methods are given information on the subject .							
Work Placement		Students must have to complete their internship within the required time and properties. The required rules are describes at the Adnan Menderes University, Sultanhisar Vocational School, Student Internship Instructions.							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Individual Study					
Name of Lecturer(s)									

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

### Recommended or Required Reading

1	Baltaş, A., Baltaş, Z. Stress and methods of overcoming the stress. Remzi Bookstore, 2000, Istanbul.
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Week	Weekly Detailed Course Contents	
1	Theoretical	Concept of Stress
2	Theoretical	Concept of Stress
3	Theoretical	Types of Stress
4	Theoretical	Types of Stress
5	Theoretical	Causes of Stress
6	Theoretical	Symptoms of Stress
7	Theoretical	Symptoms of Stress
8	Intermediate Exam	Learning outcomes assessment
9	Theoretical	Positive approach in coping with stress
10	Theoretical	Positive approach in coping with stress
11	Theoretical	Methods of coping with stress
12	Theoretical	Methods of coping with stress
13	Theoretical	The factors that cause stress in students
14	Theoretical	The factors that cause stress in students
15	Theoretical	Conflict and anger management
16	Final Exam	Final Exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Midterm Examination	1	10	1	11
Final Examination	1	10	1	11
Total Workload (Hours)				50
[Total Workload (Hours) / 25*] = ECTS				2
*25 hour workload is accepted as 1 ECTS				



**Learning Outcomes**

1	The student can define the concepts of stress and overcoming
2	The student can apply effective overcoming methods aimed at stressful conditions
3	The student can distinguish the methods of overcoming stress
4	Knows the sources of stress in daily life
5	Knows the effects of stress on the body

**Programme Outcomes** (*Hair Care and Beauty Services*)

1	Ability to evaluate, to apply, to access to scientific knowledge by using theoretical and practical knowledge in basic level knowledge gained in the field of hair care and beauty services
2	Having knowledge of using effectively all kinds of tool and equipment using in the field of hair care and beauty services
3	Ability to study in a basic level project, to take responsibility for individual or team, to solve problems facing relation with the field of hair care and beauty services
4	Ability to develop oneself as the personal and professional, updating them with the awareness of lifelong learning, knowledge skills and competencies regarding in the field of hair care and beauty services.
5	Ability to communicate at least one foreign language at a basic level
6	Ability to use effectively information and communications technologies
7	Ability to communicate and to be social effectively
8	Ability to evaluate and to interpret data relation with them, to solve and to identify potential problems regarding in the field of hair care and beauty services
9	Having knowledge of legal regulations and professional standards and regarding in the field of hair care and beauty services
10	Ability to behave suitable and to attend for quality management and processes
11	Ability to be an example to the community by external appearance, personal care, manner, attitude and behavior
12	Ability to develop and to evaluate and to satisfy towards demand and needs of consumer of service processes regarding in the field of hair care and beauty services
13	Ability to consider human health, social and natural environment towards ethical principles of professional, while carrying out things regarding in the field of hair care and beauty services
14	Ability to evaluate health, safety and risk as regular regarding in the field of hair care and beauty services
15	Ability to transfer the acquired knowledge and skills, if necessary, using to appropriate learning environments

**Contribution of Learning Outcomes to Programme Outcomes** 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L4
P14	2

