



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Crisis and Stress Management							
Course Code		İKY204		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	75 (Hours)	Theory	3	Practice	0	Laboratory	0
Objectives of the Course		Internal and external crisis causes, consequences and solutions to provide information about the methods. Organizational sources of stress and provide information about ways to resolve them.							
Course Content		The Concept of Crisis, Types of Crisis and Crisis Factors, Types of Crisis and Crisis Factors, Crisis Resources, Crisis Resources, Organizational Crisis Resources, Process in Crisis							
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), Discussion, Individual Study					
Name of Lecturer(s)		Ins. Alper Turan DEVLİ							

### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Tutar, Hasan; Kriz ve Stres Yönetimi, Seçkin Yayıncılık
2	Aydın, Şule; Kriz ve Stres Yönetimi, Detay Yayıncılık

Week	Weekly Detailed Course Contents	
1	Theoretical	The Concept of Crisis
	Preparation Work	instruction book
2	Theoretical	Types of Crisis and Crisis Factors
	Preparation Work	instruction book
3	Theoretical	Types of Crisis and Crisis Factors
	Preparation Work	instruction book
4	Theoretical	Types of Crisis and Crisis Factors
	Preparation Work	instruction book
5	Theoretical	Types of Crisis and Crisis Factors
	Preparation Work	instruction book
6	Theoretical	Organizational Crisis Resources
	Preparation Work	instruction book
7	Theoretical	Process in Crisis
	Preparation Work	instruction book
8	Preparation Work	instruction book
	Intermediate Exam	Midterm
9	Theoretical	Results of the crisis
	Preparation Work	instruction book
10	Theoretical	Period of Crisis Management
	Preparation Work	instruction book
11	Theoretical	The Concept of Stress
	Preparation Work	instruction book
12	Theoretical	Factors That Cause Stress
	Preparation Work	instruction book
13	Theoretical	Individual and Organizational Stress
	Preparation Work	instruction book
14	Theoretical	Results of stress
	Preparation Work	instruction book



15	Theoretical	Combat Stress Techniques
	Preparation Work	instruction book
16	Preparation Work	instruction book
	Final Exam	Final Exam

**Workload Calculation**

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	3	42
Midterm Examination	1	15	1	16
Final Examination	1	16	1	17
Total Workload (Hours)				75
[Total Workload (Hours) / 25*] = ECTS				3
*25 hour workload is accepted as 1 ECTS				

**Learning Outcomes**

1	Learn the basic approaches on crisis management
2	Crisis analysis and crisis resources crises comprehend the two systems
3	The stages and the results of the process of learning from the crisis
4	Its causes and solutions to the crisis understand the
5	Stress Concept and its relationship with management, stress symptoms, stress and crisis, to explain the relationship between

**Programme Outcomes (Human Resources and Management)**

1	To use theoretical and applied knowledge in the field of human resources management
2	To examine various concepts and opinions in the field of human resources management, and evaluate related data.
3	To undertake individual and group responsibility in order to solve unforeseen complex problems and issues which are confronted in application process.
4	To be able to transmit self opinions and solutions to problems in the field of human resources management via written and oral channels.
5	To support self opinions and solutions to problems by qualitative and quantitative data and share this with other professionals or nonprofessionals.
6	To benefit from other disciplines which are related to human resources management and be acknowledged about these disciplines.
7	Legislation relevant to the profession and to follow the basic law to have knowledge in the field of public administration
8	To have societal, scientific and ethical values in gathering data, planning, executing and controlling human resources management issues.
9	Develop an awareness for the need for life long learning
10	To follow national and international contemporary issues
11	To become sensitive to Atatürk's principles and reforms, the right to use the Turkish language, the official correspondence of the basic ability to have the ability and understanding related to the field of foreign terms

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

	L1	L2	L3	L4	L5
P1	3	3	3	3	4
P2	3	3	4	4	4
P3	5	4	4	4	4
P4	4	4	3	4	3
P5	4	4	4	4	4
P6	3	3	3	4	3
P9	4	4	3	3	4

