



## 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 (Fungiculture)**

1	Having knowledge of morphology, anatomy, cytology, physiology and biochemistry structures of mushroom
2	Having knowledge of soil and climate conditions for mushroom cultivation
3	Having knowledge of identification, classification and the use areas of mushroom species
4	Having knowledge of culture and production techniques of mushroom
5	Having knowledge of harvest and conservation of mushroom
6	Having ability to identify and to maintain important diseases and pests of mushroom species
7	Having ability and knowledge of marketing techniques of mushroom products, effectively.
8	Ability to project mushroom built.
9	Having knowledge of Laboratory techniques
10	Having knowledge of mushroom management

