



## 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** (*Medical and Aromatic Plants*)

1	Having the recognition, classification and the use areas knowledge of medical and aromatic plants
2	Having practical and technical knowledge about cultivation and production of medical and aromatic plants
3	Having knowledge of morphology, anatomy, cytology, physiology and biochemical structures of medical and aromatic plants
4	Having knowledge of importance of soil conditions to grow medical and aromatic plants
5	Having information and the ability to use materials related with basic math and basic chemistry founded on qualifications gained in secondary education
6	Having ability to use effective own language and having knowledge of foreign language in order to communicate own colleagues and own customers
7	Having ability to collect medical and aromatic plants, having knowledge of seed technology, drying and conservation of these plants
8	Having ability to identify and to fight diseases and pests of medical and aromatic plants
9	Having knowledge of all Agricultural activities
10	Having knowledge of Atatürk Principle and Revolutions and to assimilate Atatürk Principle and Revolutions
11	Having consciousness of quality
12	Having knowledge and accumulation of investigative and evaluation
13	Ability to work as an individual capable of independent decision-making ideas verbally and in writing, stating the figure to communicate in a clear and concise
14	Ability to identify plants used for medical purposes and to obtain mixtures from drugs acquired these plants
15	Having skill and knowledge of marketing techniques medical and aromatic plants

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

	L1	L2	L3	L4	L5
P6	5	5	5	5	5
P13	5	5	5	5	5

