



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Awareness and Focus							
Course Code		ÖGK227		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		Students' awareness of their life experiences and in this way, their focusing time and their perspective							
Course Content		Definition and importance of awareness, current information about awareness, effects of awareness on human life, definition and importance of focus, exercises that can be applied to increase focus time. Scientific approaches to these issues.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Discussion, Problem Solving					
Name of Lecturer(s)		Ins. Mert İSTEK							

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Awareness for Beginners, Jon Kabat Zinn
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Week	Weekly Detailed Course Contents	
1	Theoretical	What is Awareness?
2	Theoretical	The difference between awareness and noticing
3	Theoretical	Again
4	Theoretical	Aim of awareness?
5	Theoretical	Video Watching
6	Theoretical	Scientific researches
7	Theoretical	Interpretation
8	Theoretical	What is focus?
9	Intermediate Exam	Midterm
10	Theoretical	Focus exercises
11	Theoretical	Focus and awareness exercises
12	Theoretical	Focus and awareness exercises
13	Theoretical	Focus and awareness exercises
14	Theoretical	Video watch
15	Theoretical	discussion
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	Have information about awareness
2	Be aware of the existing studies in the field of awareness
3	Know awareness and human relationship



4	Have information about focus
5	Know awareness and focus exercises

Programme Outcomes (Fashion Design)

1	Be able to use the theoretical and practical knowledge related to fashion design
2	Fashion marketing and promotional activities should be carried out in matters related to fashion design
3	Must be able to collect data for research, prepare and present research report, prepare project
4	Designing personal clothing to meet the expectations of the sector and preparing the creations on the computer
5	Should be able to recognize the fabric surfaces, select auxiliary materials, control materials.
6	It should be able to carry out steps of mold preparation, spreading, laying plan preparation.
7	Must be able to use the necessary equipment, equipment and machines for the applications related to fashion design, and make adjustments and maintenance.
8	Must be able to use computerized mold and design programs in the field of fashion design.
9	Must have the ability to manage and organize business by creating the idea of establishing a business in the field.
10	Can create a model she designs in her mind by applying the technical drawings of the clothes and fashion formal training.
11	Basic sewing techniques should be able to realize the production stages of women's, men's and children's wear.

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			
P5					3
P7				3	
P10			3		

