



## 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)		Ins. Berna GÜNDEN							

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

### 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	Theoretical	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

### 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 (Plant Protection)

1	To be able to learn about systematics, morphological, biological, ecological and epidemiological information about diseases, pests and weeds that cause the loss of the crop at every stage of production,
2	To be able to become familiar with agricultural management control methods and their use in control of plant diseases, pests and weeds in cultivated agricultural crops,
3	To be able to diagnose and identify plant diseases, insect, mite or nematode pests or weeds that cause economical losses in stored crops and products,
4	To be able to use pesticides safely and effectively and informed about their hazardous non-target effects on the environment and human health.
5	To be able to learn plant protection products and their practice in organic agriculture,
6	To be able to evaluate the information obtained throughout the learning process with cause-effect relations, to be able to collect data and transfer the results to practice, and to predict where, when and why to use the information
7	To be able to comply with professional, cultural, social ethic rules in his / her field and to be entrepreneurial
8	To be able to have conscious of the universality of social rights, social justice, quality and cultural values, environment protection, occupational health and safety issues
9	To be able to use information and communication technologies together with the required computer software of his / her field
10	To be able to have the necessary background and qualifications to work in public and private agriculture sectors, to be able to conduct a study independently / as a team member and to be able to comply with the relevant legislation

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

	L1	L2	L3	L4	L5
P7	2	1	2	1	1
P8	2	3	4	4	3
P9	2	3	4	4	3
P10	2	3	4	4	3

