



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Responding to Stress							
Course Code		ÇMY252		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		It aims to develop students' knowledge and skills in coping with stress and to use them in their personal and professional lives.							
Course Content		The concept of stress, its causes, the reactions given to it, the cognitive direction of stress, the concept of coping and strategies							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation)					
Name of Lecturer(s)									

### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Şahin NH, (1998) A Positive Approach to Being Stressed with Stress, Turkish Psychological Association Publications, 3rd Edition, Ankara, Turkish Psychological Association Publishing Hous
2	Atkinson R, Atkinson R, (2010) Stress Health and Beating? (487-521)? Psychology Introduction 6th Edition Ankara. 3-Smith E, E, Hoeksema S, N et al (2012) translation of Öznur Öncül

Week	Weekly Detailed Course Contents	
1	Theoretical	Stress concept, stress physiology, causes of stress
2	Theoretical	Cognitive aspects of stress, reactions to stress
3	Theoretical	Stress-psychological stability-crisis relation
4	Theoretical	The concept of coping with stress
5	Theoretical	Strategies to cope (emotional and problem-focused coping)
6	Theoretical	Effective and ineffective coping
7	Theoretical	Teaching effective coping skills (self-awareness)
8	Theoretical	Midterm Exam Week
9	Theoretical	Teaching effective coping skills (Awareness of cognition)
10	Theoretical	Teaching effective coping skills (Awareness of cognition)
11	Theoretical	Teaching effective coping skills (critical thinking and problem solving in problem solving)
12	Theoretical	Teaching effective coping skills (effective communication skills)
13	Theoretical	Teaching effective coping skills (effective communication skills)
14	Theoretical	Teaching effective coping skills (effective communication skills)
15	Practice	Final exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Midterm Examination	1	8	1	9



Final Examination	1	12	1	13
Total Workload (Hours)				50
[Total Workload (Hours) / 25*] = ECTS				2
*25 hour workload is accepted as 1 ECTS				

### Learning Outcomes

1	Define the concept of stress, its causes and reactions to stress
2	Explains stress-psychological stability-crisis relation
3	Describe stress reactions and coping behaviors of himself and his surroundings
4	It assesses the effectiveness of coping behaviors of the person
5	Define cognitive aspect of stress, coping concept and strategies

### Programme Outcomes (Emergency and Disaster Management)

1	Improving the ability to cope with life-threatening emergencies
2	The awareness of the necessity of lifelong learning and the ability to do so
3	To be able to use basic science (Mathematics, Chemistry, Physiology, Anatomy etc.) in the field of Emergency Aid and Disaster Management
4	Ability to analyze and interpret hazards and risks
5	Sensitivity to global and local disasters
6	Effective communication skills and foreign language knowledge
7	Skills and creativity in interdisciplinary teams
8	Providing physical and mental stability
9	To be able to organize, search and rescue search and rescue operations
10	To reach sufficient education level to understand the effects of disasters in universal and social dimensions
11	To recognize the cooperation between actors and their actors in Emergency Aid and Disaster Management
12	Emergency Aid and Disaster Management vocational, ethical and social responsibility awareness
13	Ability to assume an educational role in Emergency Aid and Disaster Management
14	To be able to use technology effectively in the field of Emergency Aid and Disaster Management
15	Emergency Aid, Search-Rescue and Disaster Management as a whole and manage emergency situations and responsibility awareness

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

	L1	L2	L3	L4
P1	3	3	3	2
P2	1	1	1	1
P3		1	1	1
P4	1	1	1	1
P5	1	1	1	1
P6	2	2	2	2
P7	2	2	2	2
P8	1	1	1	1
P9	1	1	1	1

