

Course Description					
Name	Code	Semester	T+A Hour	Credit	ECTS
STRESS MANAGEMENT and WAYS to HANDLE STRESS	İK2233080	Spring Semester	2+0	2	4
Prerequisites Courses					
Recommended Elective Courses					
Language of Instruction	Turkish				
Course Level	Short Cycle (Associate's Degree)				
Course Type	Elective				
Course Coordinator	Assist.Prof. Yasemin OKAN ER				
Name of Lecturer(s)	Assist.Prof. Yasemin OKAN ER				
Assistant(s)					
Aim	This course aims to conduct those abilities, capabilities and skills on attendants: Differentiating positive and negative facets of the Notion Stress, the know-how blue print of transforming stress into bliss, knowing how to easily find the tactical and technique ways of challenging with stress and the ways of coping with stress factor in social/public service.				
Course Content	This course contains; 1. The structure and prognostications/symptoms of Stress.,2. Source/Ethiology of Stress,3. Spiritual dimension,4. Mental dimension,5. Emotional dimension,6. Physical dimension,7. Communication,8. Organisation,9. Preventive Psychology; A Guide to turn Stress into Bliss,10. Techniques to Challenge over Against Stress I,11. Techniques to Challenge over Against Stress II,12. Techniques to Challenge over Against Stress III,13. Students' free presentations on the Stress topic,14. Students' free presentations on the Stress topic.				
Course Learning Outcomes			Teaching Methods	Assessment Methods	
To interpret the term/notion Stress.			10, 12, 13, 14, 16, 9	A	
To differentiate the symptoms of Stress.			10, 12, 13, 14, 16, 9	A	
To express and to give example for Stress-factor.			12, 13, 14, 16, 9	A	
To explain the four dimensions of Stress Management.			10, 12, 13, 14, 16, 9	A	
To appraise and comment the role of communication in Stress Management.			10, 12, 13, 14, 16, 9	A	
To sample and express the ways to struggle and guidance with Stress			10, 12, 13, 14, 16, 9	A	
To Enhance the modes of target determination in Stress Management.			10, 12, 13, 14, 16, 9	A	
To argue and account the Notion Time in Stress Management.			10, 12, 13, 14, 16, 9	A	
To argue and display the creative and innovative ways in eliminating matters and conflicts in Stress Management.			10, 12, 13, 14, 16, 9	A	
To interpret and bring the of constructive and destructive effects of Stress			10, 12, 13, 14, 16, 9	A	
To learn and apply the techniques in to cope and challenge with Stress,			10, 12, 13, 14, 16, 9	A	
To find solutions for the matters related with Stress.			10, 12, 13, 14, 16, 9	A	
Teaching Methods	10: Discussion Method, 12: Problem Solving Method, 13: Case Study Method, 14: Self Study Method, 16: Question - Answer Technique, 9: Lecture Method				
Assessment Methods	A: Traditional Written Exam				
Lecture Schedule					
Sequence	Topics	Preliminary Preparation			
1	1. The structure and prognostications/symptoms of Stress.	Read the related book chapter			
2	2. Source/Ethiology of Stress	Read the related book chapter			
3	3. Spiritual dimension	Read the related book chapter			
4	4. Mental dimension	Read the related book chapter			
5	5. Emotional dimension	Read the related book chapter			
6	6. Physical dimension	Read the related book chapter			
7	7. Communication	Read the related book chapter			
8	8. Organisation	Read the related book chapter			
9	9. Preventive Psychology; A Guide to turn Stress into Bliss	Read the related book chapter			
10	10. Techniques to Challenge over Against Stress I	Read the related book chapter			
11	11. Techniques to Challenge over Against Stress II	Read the related book chapter			
12	12. Techniques to Challenge over Against Stress III	Read the related book chapter			
13	13. Students' free presentations on the Stress topic	Read the related book chapter			
14	14. Students' free presentations on the Stress topic	Read the related book chapter			
Evaluation Methods			Weight(%)		
Midterm Exam			40		
General Exam			60		

Resources	
Lecturer's notes/manual[1] Arthur Rowshan, Stres Yönetimi, Sistem Yayıncılık, İstanbul, 2011.	
[2] Nevzat Tarhan, Mutluluk Psikolojisi, Timaş, İstanbul, 2008.	
[3].Zuhal Baltaş, Verimli İş Hayatının Sırrı: Stres, Remzi Kitabevi, İstanbul, 2013.	
[4] Kemal Çakmaklı, Sıkıntılarımızı Yenebilme Sanatı, Nobel Kitabevi, İstanbul, 2002.	