Course Syllabus

Code - Course Title	**KÜL185 - Wellbeing and Life Balance in University Life**
Course Type	I. SEMESTER
Laboratory + Practice	2+0
ECTS	**3.0**
Language of Instruction	Türkçe
Course Type	Elective Courses
Course Instructor(s)	DR. ÖĞR. ÜYESİ BELGİN BOZ YÜKSEKDAĞ

Mode of Delivery	Distance Education
Prerequisites	There are no prerequisites or co-requisites for this course.

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1		Wellbeing and life balance: Key concepts a.Definition and dimensions of wellbeing (physical, psychological, social) b.The concept of life balance c.The importance of wellbeing in university life	
Week - 2		Theories of well-being (PERMA, hedonic-edemonic) Theories of well-being (PERMA, hedonic-edemonic) a.Hedonic and edemonic well-being b.PERMA model c.Reflections of the theories on university life	
Week - 3		Sources of stress in university life a. Academic, social, and individual stressors b. Cognitive and emotional effects of stress c. Examples from student experiences	
Week - 4		Stress management and time management a.Stress management approaches b.Time management techniques c.Academic planning skills	
Week - 5		Emotional awareness and emotion regulation a. Recognizing emotions b. Emotion regulation strategies c. Self-awareness exercises	
Week - 6		Midterm	
Week - 7		Mindfulness and mindfulness-based practices a. The concept of mindfulness b. Basic mindfulness exercises c. Integration into daily life	
Week - 8		Academic Burnout a. The concept of academic burnout b. Risk factors and symptoms c. Preventive approaches	
Week - 9		Social Relationships, Belonging, and Support Systems a. Types of Social Support b. Sense of Belonging c. University-Internal Support Mechanisms	
Week - 10		Digital Wellbeing a. The effects of digital life on wellbeing b. Social media and screen use c. Digital balance strategies	
Week - 11		Self-care and healthy lifestyle habits a. The concept of self-care b. Sleep, nutrition, and physical activity c. Establishing healthy routines	
Week - 12		Resilience a. Psychological resilience b. Coping and adaptation skills c. Strengths approach	

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 13		Personal well-being and life balance plan a. Developing a holistic personal plan b. Goal setting c. Feedback process	
Week - 14		Final Exam	

Learning Outcomes

#	Learning Outcome
1	Ability to define fundamental concepts related to wellbeing and life balance
2	Ability to explain wellbeing theories (PERMA, hedonic and eudonic approaches)
3	Ability to analyze the main sources of stress encountered in university life
4	Ability to implement stress management and time management strategies
5	Ability to explain and exemplify emotional awareness and emotion regulation skills
6	Ability to explain the basic principles of mindfulness and mindfulness-based practices
7	Ability to recognize symptoms of academic burnout and discuss preventive approaches
8	Ability to assess the impact of social relationships, belonging, and support systems on wellbeing
9	Ability to analyze the effects of digital habits on individual wellbeing
10	To be able to explain the relationship between self-care and healthy lifestyle habits, and life balance
11	To be able to explain the concept of psychological resilience and discuss ways to develop it.
12	Developing and presenting your own personal wellbeing and life balance plan

Sustainable Development Goals

No content has been provided.

Course Theme

No content has been provided.

AKTS Workload

Activity	Duration (Hour)	Count	Workload
Teorik Derse Katılım	0	0	0
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	0	0	0
Ödevler	0	0	0
Proje - Rapor - Sunum Hazırlama	0	0	0
Ara Sınav Hazırlığı (sınav süresi dahil)	0	0	0
Final Sınavı Hazırlığı (sınav süresi dahil)	0	0	0
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	0	0	0
Staj Uygulaması	0	0	0
		Calculated ECTS	**0**

Assessment Method and Passing Requirements

No content has been provided.

Assessment Method and Passing Requirements	Quamtity	Percentage (%)
1.Midterm Exam	1	40
Final Exam	1	60
	Sum (%)	**100**