## Course Syllabus

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|---|---|
| **Code - Course Title** | **SEK218 - Crisis and Stress Management** |
| **Course Type** | III. SEMESTER |
| **Laboratory + Practice** | 1+1 |
| **ECTS** | **2.0** |
| **Language of Instruction** | Türkçe |
| **Course Type** | Area Elective Courses |
| **Course Instructor(s)** | ÖĞR. GÖR. NERMİN ÇETİNÖZ |

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|---|---|
| **Mode of Delivery** | face to face |
| **Prerequisites** | There is no prerequisite or co-requisite for this course. |
| **Courses Recomended** | no prerequisites |
| **Recommended Resources** | Tüz, Melek. (2008). Kriz Yönetimi, Şah-Mat Baskı, Bursa |
| **Work Placement** | no work placement |

## Course Syllabus

| Weeks | Learning Outcomes | Topics | Teaching Methods |
|---|---|---|---|
| **Week - 1** | | Crisis: Sources, types | |
| **Week - 2** | | Crisis management | |
| **Week - 3** | | Recognizing the factors causing crisis | |
| **Week - 4** | | Crisis management process | |
| **Week - 5** | | Developing adaptation mechanism | |
| **Week - 6** | | Developing adaptation mechanism | |
| **Week - 7** | | Stress factors and crisis | |
| **Week - 8** | | Organizational stress I | |
| **Week - 9** | | Organizational stress II | |
| **Week - 10** | | Effects of stres on the individual and the organization I | |
| **Week - 11** | | Effects of stres on the individual and the organization I | |
| **Week - 12** | | Coping with stress as a ındividual and as an organization I | |
| **Week - 13** | | Coping with stress as a ındividual and as an organization II | |
| **Week - 14** | | DKBY methods | |

## Learning Outcomes

| # | Learning Outcome |
|---|---|
| 1 | defines meaning of stress in general. |
| 2 | expresses the factors of stress in business life. |
| 3 | explain how to cope with stress in business life |
| 4 | Is able to describe the roles and responsibilities of employees and managers in responding to a crisis. |
| 5 | "Is able to describe the relationship between stress and personality, and identify various personality behaviors." |
| 6 | "Is able to define the concept of organizational stress." |
| 7 | "Is able to describe organizational strategies for stress management." |

## 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.*