Course Syllabus

Code - Course Title	**DKT317 - Coping With Stress**
Course Type	V. SEMESTER
Laboratory + Practice	1+0
ECTS	**1.0**
Language of Instruction	Türkçe
Course Type	Elective Courses
Course Instructor(s)	PROF. DR. ERHAN EROĞLU

Mode of Delivery	The mode of delivery of this course is Face to face
Work Placement	N/A

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1		What is stress?	
Week - 2		The causes of stress	
Week - 3		Positive stress	
Week - 4		Stress is contagious?	
Week - 5		The role of perceptions in stress	
Week - 6		Stress reactions	
Week - 7		Stress effects	
Week - 8		Stressive effect of performance	
Week - 9		Stress in everyday life	
Week - 10		Stress in business life	
Week - 11		Reduce stress	
Week - 12		Ways to cope with stress	
Week - 13		Ways to cope with stress	
Week - 14		General evaluation	

Learning Outcomes

#	Learning Outcome
1	define the concept of stress

Learning Outcomes

#	Learning Outcome
2	Describe the effects of stress.
3	explain the role of stress in daily life and work life.

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**