Course Syllabus

Code - Course Title	**ÇMH202U - Conflict and Stress Management II**
Course Type	II. SEMESTER
Laboratory + Practice	0+0
ECTS	**5.0**
Language of Instruction	Türkçe
Course Type	Elective Courses

Mode of Delivery	Distance Education
Prerequisites	There is no prerequisite or co-requisite for this course.
Courses Recomended	None
Recommended Resources	Çatışma ve Stres Yönetimi II Ders Kitabı Yenilmez, Ç. (2013). Çatışma ve stres yönetimi II. Eskişehir: Anadolu Üniversitesi.
Work Placement	None

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1		The definition and nature of stress	
Week - 2		Stress resources and special conditions for stress	
Week - 3		Stress resources and special conditions for stress	
Week - 4		Stress and somatic disorders	
Week - 5		Stress and somatic disorders	
Week - 6		Stress and psychological disorders	
Week - 7		Mid-Term Exam	
Week - 8		Consequences of Organizational Stress	
Week - 9		Stress and Personality	
Week - 10		Individual Strategies in Stress Management	
Week - 11		Individual Strategies in Stress Management	
Week - 12		Organizational Strategies in Stress Management	
Week - 13		Organizational Strategies in Stress Management	
Week - 14		Final Exam	

Learning Outcomes

#	Learning Outcome
1	defines stress and stressors.
2	identifies stress resources.
3	describes the impact of stress on the body.
4	identifies psychological disorders caused by intensive stress conditions
5	manages stress in organizations.
6	relates and compares personality type, personality characteristics, personality disorders and stress.
7	conveys behavioral regulations and relaxation exercises to relieve stress.
8	explains the organizational measures in 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.