

DESCRIPTION OF THE COURSE OF STUDY

Course code	0912-7LEK-A10.7-R	
Name of the course in	Polish	Radzenie sobie ze stresem
	English	Coping with stress

1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

1.1. Field of study	Medicine
1.2. Mode of study	Full-time
1.3. Level of study	Uniform Master's studies
1.4. Profile of study*	General academic
1.5. Person preparing the course description	Mgr Karolina Kulikowska
1.6. Contact	

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1. Language of instruction	English
2.2. Prerequisites*	-----

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes	Classes- 30h	
3.2. Place of classes	Courses in the teaching rooms of UJK	
3.3. Form of assessment	Project (c) - Maintaining a stress awareness log, including identification of causes, symptoms, and analysis of effects and creating an adaptable stress management plan for academic success incorporating selected techniques.	
3.4. Teaching methods	Classes Multiple Discussion (group), Activating Learning-Case Studies, Simulation Method Project Work.	
3.5. Bibliography	Required reading	“Why Zebras Don’t Get Ulcers” R. Sapolsky
	Further reading	“Full Catastrophe Living” Jon Kabat-Zinn

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED TEACHING OUTCOMES

<p>4.1. Course objectives (<i>classes</i>)</p> <p>C1-WC (knowledge)- Introduces the causes, sources, and effects of stress (physiological, psychological, emotional, cognitive, and intrapersonal/interpersonal) from a personal and academic perspective. Facilitates application of tools and techniques to identify, prevent, and manage stressors to improve personal life and academic success.</p> <p>C2-UC (abilities) - 1. Assess and analyze the symptoms, causes and effects of personal and academic stressors in order to implement appropriate stress management techniques.</p> <p>2. Monitor effectiveness of stress management techniques and revise to meet current needs.</p>
<p>4.2. Detailed syllabus (<i>classes</i>)</p> <p>1. Familiarization with the syllabus and the subject requirements in connection with the explanation of the project. What is stress, the newest research and data, describing biology of stress and its² sources and symptoms.</p> <p>2. Physical, emotional, interpersonal, and cognitive impacts of stress; cultural influences of stressors and stress management.</p> <p>3. Barriers to stress management; personal responsibility in stress management.</p> <p>4. Implement stress prevention and coping techniques - empirically supported techniques for stress management (e.g., mindfulness, autogenic training, progressive muscle relaxation, visualization, etc.)</p> <p>5. Demonstration and assessment of projects prepared by the students (project method)</p>

4.3. Education outcomes in the discipline

Code	A student, who passed the course	Relation to teaching outcomes
within the scope of KNOWLEDGE , the graduate knows and understands:		
W01	the role of stress in etiology and course of the disease and recognizes the mechanisms of coping with stress;	D.W12.
within the scope of ABILITIES , the graduate knows how to:		
U01	apply psychological interventions, motivational and supporting;	D.U11.

4.4. Methods of assessment of the intended teaching outcomes																						
Teaching outcomes (code)		Method of assessment (+/-)																				
		Exam oral/written*			Test*			Project*			Effort in class*			Self-study*			Group work*			Others*		
		Form of classes			Form of classes			Form of classes			Form of classes			Form of classes			Form of classes					
		L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...
...W01									+			+										
...U01									+			+										

*delete as appropriate

4.5. Criteria of assessment of the intended teaching outcomes		
Form of classes	Grade	Criterion of assessment
classes (C)*	3	Project - Demonstrates knowledge of the basic principles and their uses, and demonstrates both enough ability and willingness to use this knowledge for a minimally passing grade 61%-68%
	3,5	Project - Knows and understands some concepts, and shows willingness and basic understanding of its use 69%-76%
	4	Project - Knows the material and shows promise of using this knowledge satisfactorily in the future 77%-84%
	4,5	Project - Knows and understands the material and demonstrates a working ability to use this knowledge 85%-92%
	5	Project - Knows, understands, and shows thorough comprehension of the material and has excellent abilities 93%-100%

- **Thresholds are valid from 2018/ 2019 academic year**

5. BALANCE OF ECTS CREDITS – STUDENT’S WORK INPUT

Category	Student's workload
	Full-time studies
<i>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</i>	30
<i>Participation in lectures*</i>	
<i>Participation in classes, seminars, laboratories*</i>	30
<i>Preparation in the exam/ final test*</i>	
<i>Others*</i>	
<i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>	30
<i>Preparation for the lecture*</i>	
<i>Preparation for the classes, seminars, laboratories*</i>	30
<i>Preparation for the exam/test*</i>	
<i>Gathering materials for the project/Internet query*</i>	
<i>Preparation of multimedia presentation</i>	
<i>Others*</i>	
<i>TOTAL NUMBER OF HOURS</i>	60
ECTS credits for the course of study	2

**delete as appropriate*

Accepted for execution (date and signatures of the teachers running the course in the given academic year)

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