**description of the course of study**

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| **Course code** | **0912.4.LEK.A.C** | |
| **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**

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| **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 Laura Osęka** |
| **1.6. Contact** | **laura.oseka@ujk.edu.pl** |

1. **General characteristicS of the course of study**

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

1. **DETAILED CHARACTERISTICS OF THE COURSE OF STUDY**

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| * 1. **Form of classes** | | **Classes- 30h (including e-learning-10h)** |
| * 1. **Place of classes** | | **Courses in the teaching rooms of UJK** |
| * 1. **Form of assessment** | | Short tests + 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. |
| * 1. **Teaching methods** | | Classes  Multiple Discussion (group),  Activating Learning-Case Studies,  Simulation Method  Project Work. |
| * 1. **Bibliography** | **Required reading** | **“Why Zebras Don’t Get Ulcers” R. Sapolsky** |
| **Further reading** | **“Full Catastrophe Living” Jon Kabat-Zinn** |

1. **Objectives, syllabus CONTENT and intended teaching outcomes**

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| * 1. **Course objectives *(classes)***   ***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.  ***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.  2. Monitor effectiveness of stress management techniques and revise to meet current needs. |
| * 1. **Detailed syllabus *(classes)***   ***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 its sources and symptoms.  2. Physical, emotional, interpersonal, and cognitive impacts of stress; cultural influences of stressors and stress management.  3. Barriers to stress management; personal responsibility in stress management.  4. Implement stress prevention and coping techniques - empirically supported techniques for stress management (e.g., mindfulness, autogenic training, progressive muscle relaxation, visualization, etc.)  5. Demonstration and assessment of projects prepared by the students (project method) |

**4.3. Education outcomes in the discipline**

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| **Code** | **A student, who passed the course** | **Relation to teaching**  **outcomes** |
| within the scope of **knowledge**, the graduate knows and understands: | | |
| W01 | The concept of stress, including eustress and distress, and the impact of stress on the etiopathogenesis and course of somatic diseases and mental disorders, as well as mechanisms of coping with stress; | D.W4. |
| within the scope of **ABILITIES**, the graduate knows how to: | | |
| U01 | Recognize and analyze difficult situations and challenges related to communication, including crying, strong emotions, fear, interrupting speech, sensitive and troublesome issues, silence, withdrawal, aggressive and demanding behaviors, and deal with them constructively; | D.U12. |

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| within the scope of **SOCIAL COMPETENCE**, the graduate is able to: | | |
| K01 | recognize his/her own limitations and self-evaluate educational deficiencies and needs; | K.S5. |
| K02 | use reliable information sources; | K.S7. |
| K03 | take responsibility for own decisions made during professional activities including own safety and safety of other people; | K.S11. |

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| * 1. **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\***  **Observation** | | |
| ***Form of classes*** | | | ***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 |  |  |  |  |  |  |  | ***+*** |  |  | ***+*** |  |  |  |  |  |  |  |  |  |  |
| K01-K03 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ***+*** |  |

***\*delete as appropriate***

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| * 1. **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**](https://pl.bab.la/slownik/angielski-polski/thresholds) **are valid from 2018/ 2019 academic year**

1. **BALANCE OF ECTS CREDITS – STUDENT’S WORK INPUT**

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| **Category** | **Student's workload** |
| **Full-time**  **studies** |
| *NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/* | **30** |
| *Participation in lectures\** |  |
| *Participation in classes, seminars, laboratories\** | **30** |
| *Preparation in the exam/ final test\** |  |
| *Others\** |  |
| *INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/* | **20** |
| *Preparation for the lecture\** |  |
| *Preparation for the classes, seminars, laboratories\** | **20** |
| *Preparation for the exam/test\** |  |
| *Gathering materials for the project/Internet query\** |  |
| *Preparation of multimedia presentation* |  |
| *Others\** |  |
| *TOTAL NUMBER OF HOURS* | **50** |
| 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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