

## DESCRIPTION OF THE COURSE OF STUDY

|                       |                |                           |
|-----------------------|----------------|---------------------------|
| 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

|                                              |                          |
|----------------------------------------------|--------------------------|
| 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 Oseka          |
| 1.6. Contact                                 | laura.oseka@ujk.edu.pl   |

## 2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

|                              |         |
|------------------------------|---------|
| 2.1. Language of instruction | English |
| 2.2. Prerequisites*          | none    |

## 3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

|                         |                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3.1. Form of classes    | Classes: 30h(including 10h of e-learning)                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 3.2. Place of classes   |                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 3.3. Form of assessment | Credit with grade                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 3.4. Teaching methods   | Classes<br>Multiple Discussion (group),<br>Activating Learning-Case Studies |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 3.5. Bibliography       | Required reading                                                            | <p>Haight, B. L., Peddie, L., Crosswell, A. D., Hives, B. A., Almeida, D. M., &amp; Puterman, E. (2023). Combined effects of cumulative stress and daily stressors on daily health. <i>Health Psychology</i>, 42(5), 325.</p> <p>Knapp, S., &amp; Sweeny, K. (2022). Stress and coping with stress. <i>Stress and Coping with Stress</i>.</p> <p>O'Connor, D. B., Thayer, J. F., &amp; Vedhara, K. (2021). Stress and health: A review of psychobiological processes. <i>Annual review of psychology</i>, 72(1), 663-688.</p> <p>Rachmad, Y. E. (2022). Stress Management Theory.</p> <p>Salimzadeh, R., Hall, N. C., &amp; Saroyan, A. (2021, September). Examining academics' strategies for coping with stress and emotions: A review of research. In <i>Frontiers in education</i> (Vol. 6, p. 660676). Frontiers Media SA.</p> |
|                         | Further reading                                                             | <p>Çelik, T. Z., &amp; Köse, G. (2022). Effective strategies for managing workload and stress. In <i>Handbook of Research on the Complexities and Strategies of Occupational Stress</i> (pp. 223-243). IGI Global Scientific Publishing.</p> <p>Gonzaga, L. R. V., Dellazzana-Zanon, L. L., &amp; Silva, A. D. (2022). Handbook of stress and academic anxiety. <i>Handbook of Stress and Academic Anxiety</i>.</p>                                                                                                                                                                                                                                                                                                                                                                                                                 |

## 4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED TEACHING OUTCOMES

#### 4.1. Course objectives *(including form of classes)*

##### Classes

###### Knowledge

- Define stress, its causes, and its impact on mental and physical health.
- Differentiate between adaptive and maladaptive coping behaviors.
- Explain how cognitive variables and work-related factors contribute to stress.

###### Abilities

- Identify personal and work-related stressors.
- Apply stress management techniques, including those for improving work-life balance.
- Create a personal plan for reducing stress and improving well-being.

###### Social Competencies

- Communicate effectively about stress with others.
- Demonstrate empathy and support for colleagues.
- Contribute to a positive and supportive work environment.

##### *(including e-learning)*

###### Knowledge

- Define stress, explaining its nature and recognizing its physiological, psychological, and behavioral manifestations.
- Identify and classify various stressors, including work-related, personal, and environmental factors.

###### Abilities

- Recognize early warning signs of stress in themselves and others.
- Analyze personal stressors and their impact on work-life balance.

###### Social Competencies

- Build resilience and emotional intelligence to navigate stressful social and professional environments.

#### Detailed syllabus *(including form of classes)*

##### Classes

1. Familiarization with the syllabus and the subject requirements in connection with the explanation of the project.
2. **Understanding Stress:**  
**Definition of Stress:** What it is, the difference between Eustress (good stress) and Distress (bad stress).  
**Physiology of Stress:** The "fight or flight" response and its effects on the body.  
**Cognitive Variables:** How perception and appraisal influence stress.
3. **Coping Mechanisms**  
**Adaptive vs. Maladaptive Coping:** Differentiating between healthy and unhealthy ways of dealing with stress.  
**Relaxation Techniques:** Deep breathing, progressive muscle relaxation, and visualization.  
**Physical Activity:** The role of exercise in stress reduction.
4. **Application and Management**  
**Work-Life Balance:** Setting boundaries and preventing burnout.  
**Communication Skills:** How to communicate assertively and effectively to reduce conflict.  
**Social Support:** The importance of healthy relationships and community.

##### *(including e-learning)*

5. **Sources of Stress:** Identifying personal, professional, and environmental stressors.
6. **Mindfulness and Meditation:** Practical exercises for staying present and reducing anxiety.

7. **Building Resilience:** Developing emotional intelligence and the ability to bounce back from adversity.
8. **Future Planning:** Creating a long-term strategy for sustained well-being and stress reduction

#### 4.3. Education outcomes in the discipline

| Code                                                              | A student, who passed the course                                                                                                                                                                                                                                                   | Relation to teaching outcomes |
|-------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| within the scope of <b>KNOWLEDGE</b> :                            |                                                                                                                                                                                                                                                                                    |                               |
| 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 <b>ABILITIES</b> , 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.                        |
| within the scope of <b>SOCIAL COMPETENCE</b> :                    |                                                                                                                                                                                                                                                                                    |                               |
| 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.                        |

#### 4.4. Methods of assessment of the intended teaching outcomes

| Teaching outcomes<br>(code) | Method of assessment (+/-) |   |     |                    |   |     |                    |   |     |                     |   |     |                    |   |     |                    |   |     |                        |   |     |
|-----------------------------|----------------------------|---|-----|--------------------|---|-----|--------------------|---|-----|---------------------|---|-----|--------------------|---|-----|--------------------|---|-----|------------------------|---|-----|
|                             | Exam<br>oral/written*      |   |     | Test*              |   |     | Project*           |   |     | Effort<br>in class* |   |     | Self-<br>study*    |   |     | Group<br>work*     |   |     | Others*<br>Observation |   |     |
|                             | Form of<br>classes         |   |     | Form of<br>classes |   |     | Form of<br>classes |   |     | Form of<br>classes  |   |     | Form of<br>classes |   |     | Form of<br>classes |   |     | Form of<br>classes     |   |     |
|                             | L                          | C | ... | L                  | C | ... | L                  | C | ... | L                   | C | ... | L                  | C | ... | L                  | C | ... | L                      | C | ... |
| W01                         |                            |   |     |                    |   |     |                    |   |     |                     |   |     |                    |   |     |                    |   |     |                        |   |     |
| U01                         |                            |   |     |                    |   |     |                    |   |     |                     |   |     |                    |   |     |                    |   |     |                        |   |     |
| K01-K03                     |                            |   |     |                    |   |     |                    |   |     |                     |   |     |                    |   |     |                    |   |     |                        |   |     |

\*delete as appropriate

#### 4.5. Criteria of assessment of the intended teaching outcomes

| Form of classes                    | Grade | Criterion of assessment                                                                                                                                                         |
|------------------------------------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Classes (C) (including e-learning) | 3     | 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   | Knows and understands some concepts, and shows willingness and basic understanding of its use 69%-76%                                                                           |
|                                    | 4     | Knows the material and shows promise of using this knowledge satisfactorily in the future 77%-84%                                                                               |

|  |            |                                                                                                           |
|--|------------|-----------------------------------------------------------------------------------------------------------|
|  | <b>4,5</b> | Knows and understands the material and demonstrates a working ability to use this knowledge 85%-92%       |
|  | <b>5</b>   | Knows, understands, and shows thorough comprehension of the material and has excellent abilities 93%-100% |

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

| Category                                                                            | Student's workload |
|-------------------------------------------------------------------------------------|--------------------|
|                                                                                     | Full-time studies  |
| <b>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</b> | <b>30</b>          |
| <i>Participation in lectures*</i>                                                   |                    |
| <i>Participation in classes, seminars, laboratories*</i>                            | <b>30</b>          |
| <i>Preparation in the exam/ final test*</i>                                         |                    |
| <i>Others*</i>                                                                      |                    |
| <b>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</b>                           | <b>20</b>          |
| <i>Preparation for the lecture*</i>                                                 |                    |
| <i>Preparation for the classes, seminars, laboratories*</i>                         | <b>20</b>          |
| <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>                                                                      |                    |
| <b>TOTAL NUMBER OF HOURS</b>                                                        | <b>50</b>          |
| ECTS credits for the course of study                                                | <b>2</b>           |

**\*delete as appropriate**

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

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