

DESCRIPTION OF THE COURSE OF STUDY

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

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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. Specialization* | Lack |
| 1.6. Unit running the course of study | The Faculty of Medicine and Health Sciences |
| 1.7. Person/s preparing the course description | Mgr Karolina Kulikowska |
| 1.8. Person responsible for the course of study | Mgr Karolina Kulikowska |
| 1.9. Contact | |

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

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|---|-----------------|
| 2.1. Affiliation with the module | Elective |
| 2.2. Language of instruction | English |
| 2.3. Semesters in which the course of study is offered | II-IV |
| 2.4. Prerequisites* | ----- |

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

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

4.1. 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.

4.2. 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 its² 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

| Code | A student, who passed the course | Relation to teaching outcomes |
|---------------------------------------|---|-------------------------------|
| within the scope of KNOWLEDGE: | | |
| ...W01 | understands the role of stress in etiology and course of the disease and recognizes the mechanisms of coping with stress; | D.W10. |
| within the scope of ABILITIES: | | |
| ...U01 | applies psychological interventions and motivational support in certain situations; | D.U10. |

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 | | | 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 |

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

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