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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **Course Name** | | **Code** | **Semester** | **T+U** | **Credit** | **ECTS** | | **Crisis and Stress Management** | |  | one | 2+0 | 2 | 3 | | Prerequisite Courses |  | | | | | | | Language of the Course | Turkish | | | | | | | Type of Course | Field Elective | | | | | | | Course Coordinator |  | | | | | | | Instructor |  | | | | | | | Course Assistants |  | | | | | | | The aim of lesson | The concept of stress and its relationship with management, symptoms of stress, explaining the relationship between stress and crisis, developing effective skills between stress management and time management. | | | | | | | Course Learning Outcomes | At the end of this course, the student;   1. Mastering time management 2. Mastering time management strategies 3. Learning stress management strategies 4. Mastering stress management 5. Mastering management strategies | | | | | | | Course Content | The concept of stress, the concept of stress and its relationship with management, symptoms of stress, stress factors, organizational stress factors, time management and its importance, occupational accidents and their relationship with stress. | | | | | | | **Weeks** | **Topics** | | | | | | | one | Concept of Stress, Concept of Stress and Its Relationship with Management | | | | | | | 2 | Symptoms of Stress, Stress Factors, Organizational Stress Factors | | | | | | | 3 | Sources of Stress | | | | | | | 4 | Stress and Personality Types | | | | | | | 5 | The Effect of Stress on Individuals and Organizations | | | | | | | 6 | Organizational Stress Management | | | | | | | 7 | Methods of Coping with Stress | | | | | | | 8 | Time Management Concept | | | | | | | 9 | Time Management and Its Importance | | | | | | | 10 | Methods of Managers to Use Time Effectively | | | | | | | 11th | Basic Approaches to Time Management | | | | | | | 12 | Explaining the Relationship Between Stress, Time Management and Crisis | | | | | | | 13 | Occupational Accidents and Its Relationship with Stress | | | | | | | 14 | Case Study | | | | | |  |  | | --- | | **General Competencies** | | Students are expected to understand the main topics of this course and use it in their fields and applications. | | **resources** | | Aydoğan Y., Özyürek A., and Gültekin Akduman G. (2018). *Learning and teaching techniques* . Visa Publishing.  Sonmez, V. (2009). *Teaching principles and methods (3rd Edition),* Memoir Publications. | | **Evaluation System** | | It is stated in the syllabus at the beginning of the semester. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **WITH PROGRAM LEARNING OUTCOMES**  **COURSE LEARNING OUTCOMES RELATIONSHIP TABLE** | | | | | | | | | | | | | | | | |  | **PO1** | | **PO2** | **PO3** | | **PO4** | **PO5** | | **PO6** | **PO7** | | **PO8** | **PO9** | | **PO10** | | **LO1** | 5 | | 5 | 4 | | 5 | - | | 4 | 3 | | - | - | | 2 | | **LO2** | 5 | | 5 | 4 | | 5 | - | | 4 | 3 | | - | - | | 2 | | **LO3** | 5 | | 5 | 4 | | 5 | - | | 4 | 3 | | - | - | | 2 | | **REVENGE: Learning Outputs OP: Program Outputs** | | | | | | | | | | | | | | | | | **Contribution**  **level** | | **1 Very Low** | | | **2 Low** | | | **3 Medium** | | | **4 High** | | | **5 Very High** | |   Relation of Program Outcomes and Related Course   |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **lesson** | **PO1** | **PO2** | **PO3** | **PO4** | **PO5** | **PO6** | **PO7** | **PO8** | **PO9** | **PO10** | | Learning and Teaching Techniques | 5 | 5 | 4 | 5 | - | 4 | 3 | - | - | 2 | |
| **General Competencies** |
| Students are expected to understand the main topics of this course and use it in their fields and applications. |
| **resources** |
| Minister, I. (Ed.) (2020). *Organizational Behavior* . Istanbul: Beta Publications.  Şimşek, M.Ş., Çelik, A., Akgemci, T. and Diken, A., (Ed.) (2020), *Organizational Behavior and Management Psychology* . Konya:Education Publishing House |
| **Evaluation System** |
| It is stated in the syllabus at the beginning of the semester. |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **WITH PROGRAM LEARNING OUTCOMES**  **COURSE LEARNING OUTCOMES RELATIONSHIP TABLE** | | | | | | | | | | | | | | | | |
|  | **PO1** | **PO2** | | **PO3** | **PO4** | | **PO5** | **PO6** | | **PO7** | **PO8** | | **PO9** | **PO10** | | **PO11** | **PO12** |
| **LO1** | 3 | one | | 4 | 5 | | one | 3 | | one | - | | 4 | 2 | | - | - |
| **LO2** | 3 | one | | 4 | 5 | | one | 3 | | one | - | | 4 | 2 | | - | - |
| **LO3** | 3 | one | | 4 | 5 | | one | 3 | | one | - | | 4 | 2 | | - | - |
| **LO4** | 3 | one | | 4 | 5 | | one | 3 | | one | - | | 4 | 2 | | - | - |
| **LO5** | 3 | one | | 4 | 5 | | one | 3 | | one | - | | 4 | 2 | | - | - |
| **LO: Learning Outcomes OP: Program Outcomes** | | | | | | | | | | | | | | | | | |
| **Contribution Level** | | | **1 Very Low** | | | **2 Low** | | | **3 Medium** | | | **4 High** | | | **5 Very High** | | |

**Relation of Program Outcomes and Related Course**

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|  | **PO 1** | **PO2** | **PO3** | **PO4** | **PO5** | **PO6** | **PO7** | **PO8** | **PO9** | **PO10** | **PO11** | **PO12** |
| **Crisis and Stress Management** | 3 | one | 4 | 5 | one | 3 | one | - | 4 | 2 | - | - |