

**SYLLABUS****STATE UNIVERSITY OF APPLIED SCIENCES IN WŁOCŁAWEK****Course: Stress management**

Faculty:		NEW MEDIA AND E-BUSINESS						
Speciality/specialization:		Media and social communication E-business						
Unit hosting the Faculty:		NEW MEDIA DEPARTMENT						
Practical course profile								
Course language:		Polish/English						
Course category:		core						
Learning cycle:		2022-2025						
Academic year: II   2023-2024					Semester: III			
Number of hours required to complete the course in full time-mode:								
TOTAL	lecture	ACTIVE FORMS						
		classes	projects	labs	workshops	conservatory	seminar/ proseminar	professional training
15					15			
Method of carrying out all active forms of classes:		Classes are conducted: <ul style="list-style-type: none"><li>• in the didactic room,</li><li>• on-line,</li><li>• by participation in thematic events held outside the university.</li></ul>						

<b>Specification of introductory courses with prerequisites:</b>	No prerequisites.
<b>Educational goal:</b>	The aim of the course is to develop students' interpersonal competence in dealing with stress and prepare them for situations involving stress (eg. teamwork, conflict, change, public speaking). Students should realize the role played by the team leader in lowering the impact of stressors in teamwork. Class participants will be involved in discussions and workshop exercises to develop methods of stress management.
<b>Learning outcomes (course-related):</b>	<b>Knowledge:</b>  The student is able to list and explain the causes, symptoms and effects of stress; describes methods of stress management in relation to various social situations.
	<b>Skills:</b>  Student: <ul style="list-style-type: none"> <li>• analyzes his own attitude in various communication situations and his reaction to stress, proposes and implements selected methods of personal development in the field of stress management,</li> </ul>
	<b>K_U13</b>
	<b>K_U14</b> <ul style="list-style-type: none"> <li>• plans and organizes his own and others' work, as well as cooperates with a team in workshop tasks, demonstrates responsibility for the effect of group work.</li> </ul>
<b>K_K04</b>	<b>Social competences:</b>  Student: <ul style="list-style-type: none"> <li>• takes on various functions, including leadership while working in a team; fulfills the accepted tasks; demonstrates responsibility for the well-being of team members and for reducing the impact of stressors within the teamwork;</li> </ul>
	<b>K_K07</b> <ul style="list-style-type: none"> <li>• maintains composure in a variety of direct and indirect communication situations (including speaking up and participating in discussions using social media).</li> </ul>

Full course description/ syllabus content:	<ol style="list-style-type: none"><li>1. Stress. Causes and signs.</li><li>2. Types of reactions to stress.</li><li>3. Environment, time, attitude - regaining a sense of control. .</li><li>4. Conflict and change. Stress management in difficult situations.</li><li>5. Stress management in a team.</li><li>6. Control of stage fright.</li></ol>	Reference to the learning outcomes	
		<ol style="list-style-type: none"><li>1. K_W06, K_U13, K_K07,</li><li>2. K_W06, K_U13, K_K07</li><li>3. K_W06, K_U13, K_U14, K_K04, K_K07</li><li>4. K_W06, K_U13, K_U14, K_K04, K_K07</li><li>5. K_W06, K_U13, K_U14, K_K04, K_K07</li><li>6. K_W06, K_U13, K_U14, K_K07</li></ol>	
Methods of conducting classes:	Workshops, individual and group work, simulation games, discussion, drama, participation in thematic meetings.		
Student workload/ECTS points  FULL-TIME STUDIES: 1) included in the working hours: - lecture - active forms: 15 2) not included in the working hours: - direct consultations: - e-mail consultations: - e-learning consultations - exams and forms of passing the course: 5	Forms of activity	Average number of hours to complete the activity	
		W	AF
	Number of hours with the participation of an academic teacher:		16
	Number of hours without the participation of an academic teacher:		9
	1. Preparation for classes, including studying the recommended literature		4
	2. Preparation of a report, presentation, discussion		4
	3. Preparation of a report, presentation, discussion		1
	Total		25
	Total number of ECTS points for the method of classes		1
Form and method of passing, assessment criteria or requirements.  The accepted value for	Methods of passing the course:  Passing with a grade.		

calculating the assessment	<p><b>Forms of passing the course:</b></p> <p>Determination of the final grade on the basis of points earned during the semester (workshop assignments and a knowledge test with open and closed questions).</p>													
	<p><b>Basic criteria:</b></p> <p>Min. 50% of the points scored in the knowledge test, active and substantive participation in classes, completion of workshop tasks</p>													
	<p><b>Value for calculating the assessment:</b></p> <table> <tr> <th><u>% of points</u></th><th><u>grade</u></th></tr> <tr> <td>0% - 49%</td><td>- F</td></tr> <tr> <td>50% - 59%</td><td>- C</td></tr> <tr> <td>60% - 69%</td><td>- C+</td></tr> <tr> <td>70% - 79%</td><td>- B</td></tr> <tr> <td>80% - 89%</td><td>- B+</td></tr> <tr> <td>90% - 100%</td><td>- A</td></tr> </table>	<u>% of points</u>	<u>grade</u>	0% - 49%	- F	50% - 59%	- C	60% - 69%	- C+	70% - 79%	- B	80% - 89%	- B+	90% - 100%
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Literature list:	<p><b>Compulsory literature:</b></p> <p>M. Clayton, <i>Zarządzanie stresem, czyli jak radzić sobie w trudnych sytuacjach</i>, tłum. K. Zimniach, Edgard, Warszawa 2012.</p>													
	<p><b>Supplementary literature:</b></p> <ol style="list-style-type: none"> <li>1. A. Cichosz, <i>Zarządzanie stresem w organizacji</i>, Wydawnictwo Difin, Warszawa 2018.</li> <li>2. M. Krzemiński, <i>Komunikacja, emocje, stres, asertywność i empatia: student wobec wyzwań współczesności</i>, Państwowa Wyższa Szkoła Zawodowa, Włocławek 2015.</li> <li>3. G. Maté, <i>Ciało a stres: jak uniknąć kosztów ukrytego stresu</i>, tłum. B. Paluchowska, B. Sikora, Świat Książki, Warszawa 2004.</li> <li>4. M. B. Rosenberg, <i>Porozumienie bez przemocy. O języku życia</i>, Czarna Owca, Warszawa 2016.</li> </ol>													
Names of person/persons who prepared the course description: PhD. Agnieszka Powierska														