

CRISIS AND STRESS MANAGEMENT

1	Course Title:	CRISIS AND STRESS MANAGEMENT	
2	Course Code:	KSYS231	
3	Type of Course:	Optional	
4	Level of Course:	Short Cycle	
5	Year of Study:	2	
6	Semester:	3	
7	ECTS Credits Allocated:	3.00	
8	Theoretical (hour/week):	1.00	
9	Practice (hour/week):	2.00	
10	Laboratory (hour/week):	0	
11	Prerequisites:	None	
12	Language:	Turkish	
13	Mode of Delivery:	Face to face	
14	Course Coordinator:	Öğr. Gör. DİLEK TAŞKIN	
15	Course Lecturers:	Meslek Yüksekokulları Yönetim Kurullarının görevlendirdiği öğretim elemanları	
16	Contact information of the Course Coordinator:	Öğr. Gör. Dilek TAŞKIN Bursa Uludağ Üniversitesi Orhaneli MYO Büro Yönetimi ve Yönetici Asistanlığı Programı dilektaskin@uludag.edu.tr 224 294 26 86-62420	
17	Website:		
18	Objective of the Course:	It is to raise awareness of crisis management in business and non-work life, to convey the ways of reducing negative stress and maintaining positive stress.	
19	Contribution of the Course to Professional Development:	Understanding the crisis, understanding the pre-crisis, crisis moment and post-crisis processes, gaining competence to solve crisis situations in the organization, and achieving stress management.	
20	Learning Outcomes:		
		1	Defines the crisis and its causes.
		2	Explain the characteristics of the crisis through examples.
		3	Can apply what needs to be done in the pre-crisis management process.
		4	Can apply what needs to be done in the crisis and post-crisis management process.
		5	Can apply ways of coping with stress and work stress.
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21	Course Content:		
		Course Content:	
Week	Theoretical	Practice	
1	Basic concepts about the crisis	Case study	

2	The Concept, Scope and Characteristics of the Crisis	Case study
3	Dimensions and Main Factors of the Crisis	Case study
4	Stages of the Crisis Process	Case study
5	Positive and Negative Consequences of the Crisis	Case study
6	Crisis Management Concept and Features	Case study
7	Crisis Management Process and Approaches in Crisis Management	Case study
8	Precautions to be Taken Before, During and After the Crisis	Case study
9	The Concept and Scope of Stress	Case study
10	Symptoms and Stages of Stress	Case study
11	Key Factors Causing Stress	Case study
12	Consequences of Stress	Case study
13	Stress Management and Control	Case study
14	Defense Mechanisms in Stress Management	Case study
22	Textbooks, References and/or Other Materials:	
23	Assesment	
TERM LEARNING ACTIVITIES		NUMBE R
		WEIGHT
Midterm Exam	1	40.00
Quiz	0	0.00
Home work-project	0	0.00
Final Exam	1	60.00
Total	2	100.00
Contribution of Term (Year) Learning Activities to Success Grade		40.00
Contribution of Final Exam to Success Grade		60.00
Total		100.00
Measurement and Evaluation Techniques Used in the Course		Measurement and evaluation are carried out according to the principles of Bursa Uludağ University Associate and Undergraduate Education and Training Regulations.
24	ECTS / WORK LOAD TABLE	

Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	1.00	14.00
Practicals/Labs	14	2.00	28.00
Self study and preperation	14	1.00	14.00
Homeworks	14	2.00	28.00
Projects	0	0.00	0.00
Field Studies	0	0.00	0.00
Midterm exams	1	1.00	1.00
Others	0	0.00	0.00
Final Exams	1	1.00	1.00
Total Work Load			86.00
Total work load/ 30 hr			2.87
ECTS Credit of the Course			3.00

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
ÖK3	0	0	0	0	2	0	2	0	0	2	0	0	0	0	0	0
ÖK4	0	0	0	0	2	0	2	0	0	2	0	0	0	0	0	0
ÖK5	3	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			