CRISIS AND STRESS MANAGEMENT

1	Course Title:	CRISIS AND STRESS MANAGEMENT
2	Course Code:	ISYS045
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. Dr. CANAN BAŞDAR
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	cbasdar@uludag.edu.tr, 02248613424, Keles MYO Mehmet Akif Orhan cad. Keles/Bursa
17	Website:	
18	Objective of the Course:	Causes of the crisis and stress, the varieties and solutions are aimed to understand
19	Contribution of the Course to Professional Development:	
20	Learning Outcomes:	

	1	To gain the ability to manage stress and crisis
	2	To gain the ability to carry out analyzes on future crises
	3	To gain the ability to communicate during and after the crisis and stress
	4	To gain the ability to apply the ways preventing the crisis in business life
	5	To gain the ability to apply the ways preventing the stress in business life
	6	To gain the ability to evaluate of crisis and stress management skills
	7	To gain the ability to think under stress
	8	To gain the ability of post-crisis management
	9	To gain information about the types of crisis and stress
	10	To gain the ability to produce crisis and stress strategies

21	Course Content:	

Course Content:		
Week	Theoretical	Practice
1	Identification of environmental relations with the organization	Case study
2	Crisis definition, characteristics of the crisis, sources, types, factors inside and outside the organization	Case study

3	Methods of avoiding the crisis	Case study
4	The process of crisis, crisis to be warnings, the crisis period, the period of dissolution and decadence	Case study
5	In case of crisis management, preparedness and protection of the pre-crisis	Case study
6	Strategies for the crisis period, crisis strategies, business strategies in times of crisis	Case study
7	Crisis to be controlled	Case study
8	Repetition of a course and midterm exam	Case study
9	The concept of stress and sources of stress	Case study
10	Stress symptoms and consequences	Case study
11	Stress management and control, individual stress management techniques, organizational stress management techniques	Case study
12	Measurement of stress	Case study
13	The effects of stress	Case study
14	Defense mechanisms in stress management	Case study

22	Textbooks, References and/or Other Materials:	Crisis management, LUECKE, R, Türkiye İş Bankası Publications, 2008 Istanbul Crisis Management, AUGUSTINE, N. R, Optimist Publications, 2008 Istanbul

Activites		Number	Duration (hour)	Total Work Load (hour)
23 Assessment Theoretical		14	1.00	14.00
Practicals/Labs		14	2.00	28.00
Self study and preperation		14	2.00	28.00
Homeworks		0	0.00	0.00
Projects		0	0.00	0.00
Field Studies		0	0.00	0.00
Midterm exams		2	1.00	1.00
Others		2	9.00	18.00
Final Exams		1	1.00	1.00
Total Work Load				90.00
Total work load/ 30 hr		100.00		3.00
ECTS Credit of the Course				3.00
Course				

	TERM LEARNING ACTIVITIES	NUMBE R	WEIGHT
	Midterm Exam	1	40.00
	Home work-project	0	0.00
	Total	2	100.00
	Success Grade	1	100.00

24	**ECTS / WORK LOAD TABLE**

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	4	4	0	0	4	0	4	0	0	0	0	0	0	0	0	0
ÖK2	4	3	0	0	5	0	3	0	0	3	5	0	0	0	0	0
ÖK3	4	3	0	0	3	0	3	0	0	0	4	0	0	0	0	0

ÖK4	4	3	0	0	4	0	4	0	0	0	3	0	0	0	0	0
ÖK5	4	3	0	0	4	0	4	0	0	0	3	0	0	0	0	0
ÖK6	4	4	0	0	3	0	4	0	0	0	3	0	0	0	0	0
ÖK7	4	4	0	0	4	0	3	0	0	0	4	0	0	0	0	0
ÖK8	4	3	0	0	3	0	4	0	0	0	4	0	0	0	0	0
ÖK9	4	4	0	0	4	0	4	0	0	0	4	0	0	0	0	0
ÖK10	4	5	0	0	5	0	5	0	0	0	4	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