



Меѓународен Универзитет Визион - International Vision University
 Universiteti Ndërkombëtar Vizion - Uluslararası Vizyon Üniversitesi

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SYLLABUS

COURSE NAME	COURSE CODE	SEMESTER	COURSE LOAD	ECTS
PSYCHOLOGY OF STRESS	PSY3012	V	150	5

Prerequisite(s)	None
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Course Language	Macedonian, Turkish, English
Course Type	Required
Course Level	First Cycle
Course Lecturer	
Course Assistants	
Classroom	
Extra-Curricular Office Hours and Location	Meeting: Consultancy:

Course Objectives	Gaining in-depth knowledge of stress and trauma conditions, understanding strategies for dealing with them, as well as getting acquainted with the opportunities for improving the quality of life.
Course Contents	Theoretical models of stress and trauma. Types of stressful and traumatic events. Adaptive and maladaptive reactions and ways of coping with stress and trauma. Short-term and long-term consequences. Psychological assessment of stress and trauma reactions. Individual and group psychological interventions to deal with stress and trauma.

WEEKLY SUBJECTS AND RELATED PREPARATION STUDIES

Week	Subjects	Related Preparation
1	Definition of Nature and Stress	Related Chapters of Course Sources
2	Scientific Approach to Stress	Related Chapters of Course Sources
3	Occupations and Stress	Related Chapters of Course Sources
4	Psychological Resilience	Related Chapters of Course Sources
5	Change and Stress	Related Chapters of Course Sources
6	Personality Type and Stress	Related Chapters of Course Sources
7	Midterm	Related Chapters of Course Sources
8	Your Body and Stress	Related Chapters of Course Sources
9	Emotions	Related Chapters of Course Sources
10	Limbic System and Emotions	Related Chapters of Course Sources
11	Emotion Management	Related Chapters of Course Sources
12	Stress Management	Related Chapters of Course Sources
13	Stress Strategies	Related Chapters of Course Sources
14	Time Management and Meditation	Related Chapters of Course Sources
15	Final Exam	All Chapters of Course Sources

ECTS / WORKLOAD TABLE

Presentation / Seminar			
Hours for off-the-classroom study (Pre-study, practice)	14	3	42
Midterm Exam	1	12	12
Exam	1	14	14
Total Work Load			
ECTS	5		

GENERAL PRINCIPLE RELATED WITH COURSE

Dear students,

In order to be included, learn and achieve full success that you deserve in the courses you need to come well prepared by reading the basic and secondary textbooks. We are expecting from you carefully to obey to the course hours, not to interrupt the lessons unless is very indispensable, to be an active participant on the courses, easily to communicate with the other professor and classmates, and to be interactive by participating to the class discussions. In case of unethical behavior both in courses or on exams, will be acting in framework of the relevant regulations. The attendance of the students will be checked in the beginning, in the middle or at the end of the lessons. Throughout the semester the students who attend to all lectures will be given 15 activity-attendance points in addition to their exam grades.

LITERATURE

COMPULSORY LITERATURE				
No	Author's Name	Name of the book	Publishing House	Publication Year
1	Zuhal Baltaş Acar Baltaş	Stres ve Başaçıkma Yolları	Remzi Kitabevi	2012
2	Катерина Наумова	Посттрауматски стрес: теоретски модели, типологија и етнокултурни аспекти	Годишен зборник, Скопје: ФЗФ	2010
3	Vedat Işıksan	Stres Yönetimi- Tükenmişlikten Mutluluğa	Niko	2011

ADDITIONAL LITERATURE				
No	Author's Name	Name of the book	Publishing House	Publication Year
1	Muammer Paşa Kurtuluş Kaımaz	Stres Yönetimi	Aktiuel	2010
2	Катерина Наумова	Психолошка процена на посттрауматски стрес	Годишен зборник, Скопје: ФЗФ	2011
3	Richard Lazarus Susan Folkman	Stres, procena i suočavanje	Naklada Slap, Zagreb	2004

EVALUATION SYSTEM

Underlying the Assessment Studies	NUMBER	PERCENTAGE OF GRADE
Attendance/Participation	15	%20
Project / Event	1	%10
Mid-Term Exam	1	%35
Mid-Term Exam	1	%35
TOTAL	17	%100

ETHICAL CODE OF THE UNIVERSITY

In case of the students are cheating or attempt to cheat on exams, and in the case of not to reference the sources used in seminar studies, assignments, projects and presentations, in accordance to the legislations of the Ministry of Education and Science of Republic of Macedonia and International Vision University, will be applied the relevant disciplinary rules. International Vision University students are expected never to attempt to this kind of behavior.