

COURSE INFORMATION FORM	
Faculty / Institute	Faculty of Science and Literature
Department	Psychology
Course Code	PSİ 441
Course title	Coping with Stress
Instructional Language	English
Programs that can take the course	Psychology
Course Type	Elective
Course Level	Undergraduate
ECTS Credit	6
Prerequisites	PSİ 104 – Introduction to Psychology II
Course Content	Scientific Foundations of Stress (Stress, Stress Psychophysiology, Stress and Illness\Disease), General Applications of Stress (Intrapersonal, Interpersonal, and Perceptual Interventions; Spirituality and Stress; Meditation, Imagery, and Relaxation Techniques; Physiological Arousal Interventions, Decreasing Stressful Behavior, Diversity and Stress), Specific Applications of Stress (Occupational Stress, Stress and College Students, Family Stress, Parental Stress, Stress and the Elderly, Stress and Performance, Stress and Disasters, Stress in social and ethnic groups and diversities.)
The Aim of the Course	Course aims to provide a basic understanding of the concept of stress. Class work and lectures will focus on several areas and stages of life where stress can be a major issue. Following a thorough knowledge on the subject matter, general applications of coping strategies will be addressed and discussed.
Course Outcomes	At the end of this course, students recognize the basic theories and concepts related to the concept of stress. They will recognize and distinguish the psychophysiology of stress and stress-related problems. They also know interventions to stress and acquires basic application skills.
Textbook and / or References	Greenberg, J. S. (2011). <i>Comprehensive stress management</i> (12th ed.). Mc Graw Hill.

Evaluation Criteria	Percentage
Attendance	-
Lab	-

Application	-
Field Study	-
Homework	-
Presentations	-
Projects	-
Seminar	-
Midterm Exams	60% (2 Midterms)
Quiz	-
Final	40%
Total	100%

Course Plan	Subjects to Be Discussed
1. Week	Scientific Foundations of Stress: Stress & Stress Psychophysiology
2. Week	Scientific Foundations of Stress: Stress and Illness\Disease
3. Week	Intervention
4. Week	Intrapersonal Interventions
5. Week	Perception Interventions
6. Week	Spirituality and Stress
7. Week	Relaxation Techniques
8. Week	Specific Applications of Stress: Occupational Stress
9. Week	Specific Applications of Stress: Stress and College Students
10. Week	Specific Applications of Stress: Family Stress
11. Week	Specific Applications of Stress: Stress and the Elderly
12. Week	Diversity and Stress, Stress and Performance