

<b>COURSE INFORMATION FORM</b>	
<b>Faculty / Institute</b>	Faculty of Science and Literature
<b>Department</b>	Psychology
<b>Course Code</b>	PSI 319
<b>Course title</b>	Stress and Anger Management
<b>Instructional Language</b>	English
<b>Programs that can take the course</b>	Psychology
<b>Course Type</b>	Elective
<b>Course Level</b>	Undergraduate
<b>ECTS Credit</b>	6
<b>Prerequisites</b>	-
<b>Course Content</b>	This course provides a broad introduction of the science of stress and the common techniques applied in stress management. The focus of the course will be primarily in the conceptual issues related to stress, psychophysiology of stress, role of personality on the experience of stress and the main approaches aiming to deal with stress.
<b>The Aim of the Course</b>	The aim of this course is to explain the basic concepts of anger, the psychophysiology of stress, the difference between adaptive and chronic stress. It is also aimed to provide students the knowledge and skills to deal with stressors in daily life in a healthy way.
<b>Course Outcomes</b>	Students who complete this course successfully will be able to: (1) Learn basic concepts related to science of stress. (2) Gather information related to psychophysiology of stress. (3) Differentiate adaptive and chronic stress. (4) Get knowledge on the influence of personality traits and schemas on the perception of stressors. (5) Gain basic skills to successfully manage their own daily stressors and transfer their knowledge for the good of public health.
<b>Textbook and / or References</b>	Olpin, M., & Hesson, M. (2016). <i>Stress management for life: A research based, experiential approach</i> (4th ed.). Cengage Learning.

<b>Evaluation Criteria</b>	<b>Percentage</b>
<b>Attendance</b>	10% (Class participation)
<b>Lab</b>	-
<b>Application</b>	-
<b>Field Study</b>	-

<b>Homework</b>	-
<b>Presentations</b>	-
<b>Projects</b>	-
<b>Seminar</b>	-
<b>Midterm Exams</b>	50% (2 Midterms)
<b>Quiz</b>	-
<b>Final</b>	40%
<b>Total</b>	100%

<b>Course Plan</b>	<b>Subjects to Be Discussed</b>
<b>1. Week</b>	Conceptual issues underlying stress management Practice: Self-assessment
<b>2. Week</b>	Psychophysiological mechanisms of stress Practice: Progressive relaxation
<b>3. Week</b>	Why is psychological stress stressful? The role of personality
<b>4. Week</b>	Why is psychological stress stressful? The role of personality
<b>5. Week</b>	Practice: Assessment of EMSs
<b>6. Week</b>	Stress and coping
<b>7. Week</b>	Anger and anger inoculation
<b>8. Week</b>	Stress and psychological disorders
<b>9. Week</b>	Cognitive techniques in stress management
<b>10. Week</b>	Practice: Challenging negative automatic thoughts
<b>11. Week</b>	Mindfulness and managing emotions
<b>12. Week</b>	Social support, relationships, communication & healthy lifestyle