

FACULTY:	<b>Faculty of Technology and Education</b>
FIELD OF STUDY:	<b>Pedagogy</b>
COURSE TITLE:	<b>Psychology of stress</b>
LECTURER'S NAME:	Jacek Kowalczyk, MA, Assistant Lecturer, PhD Student
E-MAIL ADDRESS OF THE LECTURER:	jacek.kowalczyk@tu.koszalin.pl
ECTS POINTS FOR THE COURSE:	2
ACADEMIC YEAR:	2014/2015
SEMESTER: (W – winter, S – summer)	W/S
HOURS IN SEMESTER:	30
LEVEL OF THE COURSE: (1 <sup>st</sup> cycle, 2 <sup>nd</sup> cycle, 3 <sup>rd</sup> cycle)	1 <sup>st</sup> cycle
TEACHING METHOD: (lecture, laboratory, group tutorials, seminar, other-what type?)	15 hours of lecture 15 hours of group tutorials
LANGUAGE OF INSTRUCTION:	English
ASSESSMENT METHOD: (written exam, oral exam, class test, written reports, project work, presentation, continuous assessment, other – what type?)	Class test, presentation
COURSE CONTENT:	<p>The course will focus on the following issues:</p> <ol style="list-style-type: none"> <li>1) Psychological classical stress concepts: stimulus, reaction, transactional conservation of resources.</li> <li>2) Coping with stress: conceptualizing, models, instruments, individual differences, personality traits, costs.</li> <li>3) Resistance to stress.</li> <li>4) Preparation to workshops.</li> <li>5) Presentation of workshops.</li> </ol>
ADDITIONAL INFORMATION:	<p>Aims of the course:</p> <ul style="list-style-type: none"> <li>• acquainting students with the psychological aspects of stress</li> <li>• developing skills to cope with stress</li> <li>• preparing to conduct workshops on the psychology of stress</li> </ul>
RECOMMENDED LITERATURE	<p>Carver, C. S., Scheier, M. F., Weintraub, J. K. (1989). Assessing coping strategies: A theoretically based approach. <i>Journal of Personality and Social Psychology</i>, 56.2. 267-283.</p> <p>Cohen, S., Evans, G. W., Krantz, D. S., Stokols, D. (1986). Behavior, health and environmental stress. New York:</p>

Plenum

DeLongis, A., Holtzman, S. (2005). Coping in context: The role of stress, social support, and personality in coping. *Journal of Personality, Special Issue: Advances in Personality and Daily Experience*, 73, 1633-1656.

Holahan, C. J., Moos, R. H. (1990). Life stressors, resistance factors, and improved psychological functioning: An extension of the stress resistance paradigm. *Journal of Personality and Social Psychology*, 58, 5, 909-917.

Krohne, H. W. (2002). Stress and coping theories. Johannes Gutenberg-Universität Main.

Lazarus, R. S. (1993). Coping theory and research: Past, present, and future. *Psychosomatic Medicine*, 55, 234–247.

Lyon, B.L. (2000). Stress, coping, and health. A conceptual overview. In V.H. Rice (Ed.), *Handbook of stress, coping, and health. Implications for nursing research, theory, and practice*. London: Sage Publication Inc.

Zeidner, M., Endler, N.S. (1996). *Handbook of Coping: Theory, Research, Applications*. New York: John Wiley.