

Óbudai Egyetem Alba Regia Kar		Mérnöki Intézet	
Subject and code: STRESS MANAGEMENT SKILLS DEVELOPMENT– <i>AMESM0KBNE</i>			
Kreditérték: 3			
Lecturer:	Módné Takács Judit	position:	assistant lecturer
Prerequisites:	-		
Weekly hours:	full e-learning course		
Requirement:	mid-year degree		
Material			
<p>Goal: As machines can perform an increasing range and variety of tasks, individuals will need to develop the skills that humans excel at, such as social-emotional skills or creativity. While the importance of social-emotional skills will increase in the future job market, they are highly valued by employers at present, too. Motivation to perform, good communications skills, the ability to work in a team, flexibility/adaptability are frequently mentioned among the required skills of the optimal applicant. However, except for jobs requiring a high level of specific technical knowledge, employers often focus more on cheerful attitudes and soft skills as they treat these skills as less trainable. They also have less capacity to develop these skills in their employees. In the framework of our innovative OPENSEL project, partners from Hungary, the Netherlands, and Malta collaborate to create three Massive Open Online Courses (MOOC) for higher education students developing social-emotional skills that are highly relevant for employability: presentation skills, teamwork skills, stress management skills.</p>			
<p>The stress management skills development MOOC will cover topics such as recognizing own emotions and beliefs/interpretations, recognizing own needs and motivations, identifying, and modifying maladaptive thinking patterns, techniques for managing stress and building resilience.</p>			
<p>Competences: Stress Management Competency (a set of skills, abilities and behaviours that help in preventing and reducing stress.)</p>			
Weeks	Topics		
1	What is stress and how you can recognize it?		
2	Self-awareness - exploring our emotions		
3	Different ways of coping		
4	Becoming resilient		
5	Stress management through the mind		
6	Stress management through the body and through changing your behavior		
7	Social anxiety in stress management		
8	Problem-based coping in stress management		
9	Assertiveness in stress management I.		
10	Assertiveness in stress management II.		
11	Time management, personal efficiency in our daily lives		
12	Goal setting and action plan		

Assessment and verification procedures	
Assessment:	<ul style="list-style-type: none"> • In each topic there is a digital curriculum in text and in video to proceed. • The course material contains 4 homework exercises to be completed using the form provided. • In each topic there is a short test you to make at least 80%. You have 3 trials. • After all topics, homework assignments and practicing tests are done, there is a final test to fulfill. You have only one trial. • The last requirement is to complete the Pre- and Post-course Questionnaire, The Big Five personality test and The Bartle Test. <p><i>After all topic, homework assignment and practicing test is done, there is a final test to fulfill. The final student rating is the following:</i></p> <p style="text-align: center;"> 90-100% Excellent (5) 80-89% Good (4) 60-79% Satisfactory (3) 50-59% Minimal Pass (2) 0-49% Insufficient (1) </p>
Verification procedure	Tasks submitted after the deadline will not be evaluated.
Bibliography	
12 Handbooks in the Moodle Course	

Székesfehérvár, 2026. január 7.

Módné Takács Judit