

<b>Subject:</b> STRESS MANAGEMENT SKILLS DEVELOPMENT	<b>Neptun code:</b> AMESM0KBNE	<b>Weekly hours:</b> e-learning course 0 lectures+2 seminar+0 lab
<b>Credit: 3</b> <b>Requirement:</b> mid-year degree	<b>Prerequisites:</b> -	
<b>Lecturer:</b> Dr. Pogatsnik Monika Módné Takács Judit	<b>Position:</b> associate professor	<b>Institute name:</b> Óbudai Egyetem Alba Regia Műszaki Kar, Mérnöki Intézet
<b>Assessment and verification procedures:</b> Online tests and homeworks		
<b>Material:</b>		
<p><b>Goal</b></p> <p>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 employers.</p> <p>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><b>The stress management skills development MOOC (IO3)</b> 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><b>Topics</b></p> <ol style="list-style-type: none"> <li>1. What is stress and how you can recognize it?</li> <li>2. Self-awareness - exploring our emotions</li> <li>3. Different ways of coping</li> <li>4. Becoming resilient</li> <li>5. Stress management through the mind</li> <li>6. Stress management through the body and through changing your behavior</li> <li>7. Social anxiety in stress management</li> <li>8. Problem-based coping in stress management</li> <li>9. Assertiveness in stress management I.</li> <li>10. Assertiveness in stress management II.</li> <li>11. Time management, personal efficiency in our daily lives</li> <li>12. Goal setting and action plan</li> </ol>		
<b>Competences:</b>		
Stress Management Competency (a set of skills, abilities and behaviours that help in preventing and reducing stress.)		
<b>Bibliography:</b>		
12 Handbooks in the Moodle Course		