**The name of the academic discipline:**

**“Stress Management Methods”**

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| **Specialty code and name** | 7-06-0114-01 Social, Pedagogical and Psychological Education |
| **Year of study** | 1 |
| **Semester of study** | 2 |
| **Number of in-class academic hours:** | 32 |
| **Lectures****Seminar classes** **Practical classes****Laboratory classes** | 14 |
| 4 |
| 14 |
| - |
| **Form of the current assessment (*credit/ graded credit /exam*)** | credit |
| **Number of credit points** | 3 |
| **Competences** | Select, adapt and apply effective methods and techniques for the prevention and correction of emotional states of the individual |
| **Summary of the academic discipline:**The discipline "Stress Management Methods" is a discipline of the module "Psychological Education" of the educational institution component of the curriculum for the specialty "Socio-pedagogical and psychological education" of advanced higher education.Mastering the basics of stress management, specific methods and techniques of stress management will allow future specialists in the field of psychology to use them in their work practice, both in organizations and in working with individual clients in order to prevent, optimize the level of stress and its consequences.The course program is focused on theoretical and practical training for solving a wide range of problems in various stressful situations, on increasing the level of psychological culture and one's own psychological safety.The content of the educational material is presented on the topics: "Stress as a socio-psychological phenomenon", "Stress management: theory and practice of stress management", "Methods and techniques of stress management". |