**The name of the academic discipline:**

**“Stress Management Methods”**

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| **Specialty code and name** | 7-06-0313-01 Psychology |
| **Year of study** | 1 |
| **Semester of study** | 1 |
| **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** | Be able to analyze methodological problems of modern psychology and apply methodological knowledge in professional activities.Be able to apply methods of scientific knowledge (analysis, comparison, systematization, abstraction, modeling, data validation, decision-making, etc.) in independent research activities, generate and implement innovative ideas in the field of psychology, including through the use of information technology. |
| **Summary of the academic discipline:**The discipline "Stress Management Methods" is a discipline of the module "Diagnostics and Modern Technologies of Personal Behavior Correction" of the higher education institution component of the curriculum for the specialty "Psychology" 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". |