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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **Dersin Adı** | | **Kodu** | **Yarıyıl** | **T+U** | **Kredi** | **AKTS** | | **Kriz ve Stres Yönetimi** | |  | 1 | 2+0 | 2 | 3 | | Ön koşul Dersler |  | | | | | | | Dersin Dili | Türkçe | | | | | | | Dersin Türü | Alan Seçmeli | | | | | | | Dersin Koordinatörü |  | | | | | | | Dersi Veren |  | | | | | | | Dersin Yardımcıları |  | | | | | | | Dersin Amacı | Stres kavramı ve yönetimle ilişkisi, stresin belirtileri, stres ile kriz arasındaki ilişkiyi açıklayabilme, stresi yönetme ile zaman yönetimi arasında etkili beceriler geliştirebilmektir. | | | | | | | Dersin Öğrenme Çıktıları | Bu dersin sonunda öğrenci;   1. Zaman yönetimine hakim olmak 2. Zamanı yönetme stratejilerine hakim olmak 3. Stres yönetimi stratejilerini öğrenmek 4. Stres yönetimine hakim olmak 5. Yönetim stratejilerine hakim olmak | | | | | | | Dersin İçeriği | Stres kavramı, stres kavramı ve yönetimle ilişkisi, stresin belirtileri, stres faktörleri, örgütsel stres faktörleri, zaman yönetimi ve önemi, iş kazaları ve stresle ilişkisi. | | | | | | | **Haftalar** | **Konular** | | | | | | | 1 | Stres Kavramı, Stres Kavramı ve Yönetimle İlişkisi | | | | | | | 2 | Stresin Belirtileri, Stres Faktörleri, Örgütsel Stres Faktörleri | | | | | | | 3 | Stresin Kaynakları | | | | | | | 4 | Stres ve Kişilik Tipleri | | | | | | | 5 | Stresin Bireyler ve Organizasyonlar Üzerindeki Etkisi | | | | | | | 6 | Örgütsel Stres Yönetimi | | | | | | | 7 | Stresle Başa Çıkma Yöntemleri | | | | | | | 8 | Zaman Yönetimi Kavramı | | | | | | | 9 | Zaman Yönetimi ve Önemi | | | | | | | 10 | Yöneticilerin Zamanı Etkin Kullanma Yöntemleri | | | | | | | 11 | Zaman Yönetimi Konusunda Temel Yaklaşımlar | | | | | | | 12 | Stres İle Zaman Yönetimi ile Kriz Arasındaki İlişkiyi Açıklayabilme | | | | | | | 13 | İş Kazaları ve Stresle İlişkisi | | | | | | | 14 | Örnek Olay Çalışması | | | | | |  |  | | --- | | **Genel Yeterlilikler** | | Öğrencilerden bu dersin ana konularını anlamaları ve alanları ile uygulamalarında kullanmaları beklenir. | | **Kaynaklar** | | Aydoğan Y., Özyürek A., ve Gültekin Akduman G. (2018). *Öğrenme ve öğretme teknikleri*. Vize Yayıncılık.  Sönmez, V. (2009). *Öğretim ilke ve yöntemleri (3. Baskı),* Anı Yayınları. | | **Değerlendirme Sistemi** | | Dönem başında ders izlencelerinde belirtilir. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **PROGRAM ÖĞRENME ÇIKTILARI İLE**  **DERS ÖĞRENİM ÇIKTILARI İLİŞKİSİ TABLOSU** | | | | | | | | | | | | | | | | |  | **PÇ1** | | **PÇ2** | **PÇ3** | | **PÇ4** | **PÇ5** | | **PÇ6** | **PÇ7** | | **PÇ8** | **PÇ9** | | **PÇ10** | | **ÖÇ1** | 5 | | 5 | 4 | | 5 | - | | 4 | 3 | | - | - | | 2 | | **ÖÇ2** | 5 | | 5 | 4 | | 5 | - | | 4 | 3 | | - | - | | 2 | | **ÖÇ3** | 5 | | 5 | 4 | | 5 | - | | 4 | 3 | | - | - | | 2 | | **ÖÇ: Öğrenme Çıktıları PÇ: Program Çıktıları** | | | | | | | | | | | | | | | | | **Katkı**  **Düzeyi** | | **1 Çok Düşük** | | | **2 Düşük** | | | **3 Orta** | | | **4 Yüksek** | | | **5 Çok Yüksek** | |   Program Çıktıları ve İlgili Dersin İlişkisi   |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Ders** | **PÇ1** | **PÇ2** | **PÇ3** | **PÇ4** | **PÇ5** | **PÇ6** | **PÇ7** | **PÇ8** | **PÇ9** | **PÇ10** | | Öğrenme ve Öğretme Teknikleri | 5 | 5 | 4 | 5 | - | 4 | 3 | - | - | 2 | |
| **Genel Yeterlilikler** |
| Öğrencilerden bu dersin ana konularını anlamaları ve alanları ile uygulamalarında kullanmaları beklenir. |
| **Kaynaklar** |
| Bakan, İ. (Ed.) (2020). *Örgütsel Davranış*. İstanbul:Beta Yayınları.  Şimşek, M.Ş., Çelik, A., Akgemci, T. Ve Diken, A., (Ed.) (2020), *Örgütsel Davranış ve Yönetim Psikolojisi*. Konya:Eğitim Yayınevi |
| **Değerlendirme Sistemi** |
| Dönem başında ders izlencelerinde belirtilir. |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **PROGRAM ÖĞRENME ÇIKTILARI İLE**  **DERS ÖĞRENİM ÇIKTILARI İLİŞKİSİ TABLOSU** | | | | | | | | | | | | | | | |
|  | **PÇ1** | | **PÇ2** | **PÇ3** | | **PÇ4** | **PÇ5** | | **PÇ6** | **PÇ7** | | **PÇ8** | **PÇ9** | | **PÇ10** | **PÇ11** |
| **ÖÇ1** | 3 | | 1 | 4 | | 5 | 1 | | 3 | 1 | | - | 4 | | 2 | - |
| **ÖÇ2** | 3 | | 1 | 4 | | 5 | 1 | | 3 | 1 | | - | 4 | | 2 | - |
| **ÖÇ3** | 3 | | 1 | 4 | | 5 | 1 | | 3 | 1 | | - | 4 | | 2 | - |
| **ÖÇ4** | 3 | | 1 | 4 | | 5 | 1 | | 3 | 1 | | - | 4 | | 2 | - |
| **ÖÇ5** | 3 | | 1 | 4 | | 5 | 1 | | 3 | 1 | | - | 4 | | 2 | - |
| **ÖÇ: Öğrenme Kazanımları PÇ: Program Çıktıları** | | | | | | | | | | | | | | | | |
| **Katkı Düzeyi** | | **1 Çok Düşük** | | | **2 Düşük** | | | **3 Orta** | | | **4 Yüksek** | | | **5 Çok Yüksek** | | |

**Program Çıktıları ve İlgili Dersin İlişkisi**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **PÇ 1** | **PÇ2** | **PÇ3** | **PÇ4** | **PÇ5** | **PÇ6** | **PÇ7** | **PÇ8** | **PÇ9** | **PÇ10** | **PÇ11** |
| **Kriz ve Stres Yönetimi** | 3 | 1 | 4 | 5 | 1 | 3 | 1 | - | 4 | 2 | - |