



Coping with stress and preventing burnout

1. IMPRINT	
Academic Year	2020/2021
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline <i>(in accord with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>	Medical Science
Study Profile <i>(general academic / practical)</i>	Practical
Level of studies <i>(1st level / 2nd level / uniform MSc)</i>	Uniform MDs
Form of studies	Full-time studies
Type of module / course <i>(obligatory / non-compulsory)</i>	Non-compulsory
Form of verification of learning outcomes <i>(exam / completion)</i>	Completion / Credit
Educational Unit / Educational Units <i>(and address / addresses of unit / units)</i>	Department of Medical Psychology & Medical Communication ul. Litewska 14/16, 00-575 Warszawa Tel. +48 22 116 92 11 zpikm@wum.edu.pl

Head of Educational Unit / Heads of Educational Units	Professor Krzysztof Owczarek, MA, PhD Dorota Włodarczyk, MA, PhD (Acting Head of the Department)
Course coordinator (title, First Name, Last Name, contact)	Joanna Chylińska, MA, PhD joanna.chylinska@wum.edu.pl Tel. +48 22116 92 11
Person responsible for syllabus (First name, Last Name and contact for the person to whom any objections concerning syllabus should be reported)	Joanna Chylińska, MA, PhD joanna.chylinska@wum.edu.pl
Teachers	Joanna Chylińska, MA, PhD

2. BASIC INFORMATION

Year and semester of studies	I-VI, 2 nd (spring) semester	Number of ECTS credits	2.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)		-	-
Seminar (S)		-	-
Discussions (D)		-	-
e-learning (e-L)		10	0,5
Practical classes (PC)		20	1,0
Work placement (WP)		-	-
Unassisted student's work			
Preparation for classes and completions		10	0,5

3. COURSE OBJECTIVES

O1	To develop understanding of concepts of burnout, stress, and well-being and their consequences in personal and professional life
O2	To highlight the role of intra- and interpersonal skills, which play significant role in the process of coping with stress and preventing burnout
O3	To discuss types of coping mechanisms and their impact on well-being, communication, relationships, academic and work performance

O4	To become familiar with assertivness techniques
O5	To become familiar with time management techniques
O6	To strenghten students coping skills
O7	To develop and support capacity for critical thinking, self-awareness and autoreflective attitude regarding stress reductinn, burnout prevention and self care.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING *(concerns fields of study regulated by the Regulation of Minister of Science and Higher Education from 26 of July 2019; does not apply to other fields of study)*

Code and number of effect of learning in accordance with standards of learning <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>	Effects in time
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Knowledge – Graduate* knows and understands:

D.K12	The concept of stress: its sources, symptoms and counsequences for wellbeing, professional functioning and personal life
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Skills– Graduate* is able to:

GS	-
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* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING *(non-compulsory)*

Number of effect of learning	Effects of learning in time
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Knowledge – Graduate knows and understands:

K1	The concept of professional burnout, its consequences and prevention methods
K2	Relationship between buronout, stress and coping
K3	Basic assertivness techniques, assertive language and thinking style
K4	Basic time management techniques, the concept of procrastination
K5	The role of intra- and interpersonal resources in burnout and stress prevention (social support, self-awareness, self-care)

Skills– Graduate is able to:

S1	Recognize symptoms of stress and burnout, choose and apply constructive coping techniques
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S2	Identify personal resources and areas for further development to prevent burnout and stress
S3	Use assertive language in work-related and personal communication
S4	Reduce stress by using time management techniques
S5	Develop self-awareness and reflection to increase personal well-being, academic and work performance
Social Competencies – Graduate is ready for:	
SC	-

6. CLASSES

Form of class	Class contents	Effects of Learning
e-L: Module 1	Burnout (definitions, mechanisms, symptoms, consequences; relationship between burnout and stress; student burnout) Stress (eustress vs. distress; types of stressors, sources of stress, effects of stress on health) Coping with stress: basic principles and strategies (coping style vs. coping strategies; types of coping)	K1 D.K12 K2
PC	How to cope better? Assertive attitude and language; Managing yourself in time: personal mission and vision, time management techniques. Well-being in practice: how to building resilience, self-care and personal resources: role of social support, healthy lifestyle.	K3, K4 S1, S3, S4 K5, S2, S5

7. LITERATURE

Obligatory

1. Olpin, Hesson (2016). **Stress Management for Life: A research based experiential approach**. Selected chapters
2. Bishop S. (2013). **Develop your assertivness**. selcected chapters

Supplementary

1. Lee, K. (2014). RESET: Make the most of your stress. iUniverse
2. Materials provided by teacher during the course.

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.K12, K1, K2	Completing e-learning and final test	at least 60% of points for the test
K3, K4, K5	Essay	at least 60% of points for the essay

S1-S5	Activities and tasks during classes	Participation (presence during classes: 90%)
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9. ADDITIONAL INFORMATION (information essential for the course instructor that are not included in the other part of the course syllabus e.g. if the course is related to scientific research, detailed description of, information about the Science Club)

The course consists of three e-learning modules (5 weeks) blended with face to face meetings (2 days of classes). The structure of the course with timetable is presented below. Classes are based on experiential learning methods, which means that they are highly interactive and will require personal involvement of students. Therefore 90% participation is mandatory during all classes.

E-learning will be available at the MUW's e-learning platform, and starts **22.02.2021**. The classes will be held in the **Department of Medical Psychology and Medical Communication** (14/16 Litewska Str. , room -103) on weekends (**2 Saturdays**):

- 17.04.2021

- 24.04.2021

Classes start at 9:30 and end at 5:30 (lunch break is included)

To complete the course students are required to: complete e-learning and tasks included in it, pass e-learning final quiz, participate in both classes and write a reflection essay. Detailed guidelines for this task will be provided and discussed during the course.

Week/Dates	Mode F2f or E-L	Topic	Assignments	Due Dates
Module 1 Dates: 22.02 - 07.03.2021	E-L	Burout	e-learning completion	07.03.2021
Module 2 Dates: 08.03 – 21.03.2021	E-L	Stress	e-learning completion	21.03.2021
Module 3 Dates: 22.03 – 04.02.2021	E-L	Coping	e-learning completion Final quiz	04.02.2021
Class 1 Date: 17.04 (9:30 – 17:30)	Face to face	Assertivness Time management	Reflection essay	08.05.2021
Class 2 Date: 24.04 (9:30-17:30)	Face to face	Self-care Personal resources		

The Department of Medical Psychology and Medical Communication runs the Psychological Students Science Club "Psyche" (in English) (contact information: magdalena.lazarewicz@wum.edu.pl).