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| 39.03.02 Social work, the Organization profile and management in the sphere of social work | |
| Prevention of professional stress: prevention and intervention | |
| Course/semester | Bachelor degree, 2/4 |
| Main objective | To create ability and readiness to resist professional stress, and also to prevent a burning out situation. |
| Contents | Problem of professional stress and professional burning out in the helping professions, including, in social work. Symptoms of professional stress and burning out. Behavior of the person in a situation of professional stress and professional burning out. Ways of opposition to professional burning out. Organization of prevention of professional burning out. |
| Preliminary requirements | For successful assimilation of discipline the student needs to know fundamentals of the general psychology, social diagnostics, self-reflection and psychodiagnostics. |
| Structure of the course | Lectures – 18 hours, practice – 18 hours, examination, independent work – 32 hours. Total 72 hours (40 hours contact) |
| Estimation, control – test | Mark and rating system: - 0–24 it is unsatisfactory without possibility of repeating an examination; - 25–49 it is unsatisfactory with possibility of repeating an examination; - 50–72 it is satisfactory; - 73–86 it is good; - 87–100 it is excellent. 80% – current work, 20% – pass |
| Features of the organization of educational process and training materials | Development of the course takes place with application of the following educational technologies: case method, problem method / problem training, method of projects, training in small groups, training seminar. |