

<b>Module title</b>		<b>Abbreviation</b>
Self-Management		o6-PSY-SEM-152-mo1
<b>Module coordinator</b>		<b>Module offered by</b>
holder of the Professorship of Educational Psychology		Institute of Psychology
<b>ECTS</b>	<b>Method of grading</b>	<b>Only after succ. compl. of module(s)</b>
3	(not) successfully completed	--
<b>Duration</b>	<b>Module level</b>	<b>Other prerequisites</b>
1 semester	undergraduate	--
<b>Contents</b>		
<p>The participants of the workshop acquire various techniques of health and stress management. These techniques include progressive muscle relaxation, autogenic training, awareness, time management, organisation of breaks and identification of individual stress intensifiers. Kaluza's stress traffic light serves as a basic concept for the workshop. German contents available but not translated yet.</p>		
<b>Intended learning outcomes</b>		
<p>The students know theory-based and practice-oriented techniques of health and stress management. They know the principles and mechanisms of individual techniques and are able to apply them to themselves.</p>		
<b>Courses</b> (type, number of weekly contact hours, language – if other than German)		
S (2)		
<b>Method of assessment</b> (type, scope, language – if other than German, examination offered – if not every semester, information on whether module is creditable for bonus)		
<p>written elaboration (approx. 5 pages) Language of assessment: German and/or English</p>		
<b>Allocation of places</b>		
<p>Only as part of pool of general transferable skills (ASQ): max. 12 places. Places will be allocated according to the number of subject semesters; among applicants with the same number of subject semesters, places will be allocated by lot</p>		
<b>Additional information</b>		
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<b>Referred to in LPO I</b> (examination regulations for teaching-degree programmes)		
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<b>Module appears in</b>		
keinem Studiengang zugeordnet		