Module title			Abbreviation
Self-Management			06-Psy-SEM-131-m01

Module coordinator		Module offered by
holder of the Professorship of Educational Psychology		Institute of Psychology

ECTS	Method of grading	Only after succ. compl. of module(s)
3	(not) successfully completed	--

Duration	Module level	Other prerequisites
1 semester	undergraduate	--

Contents

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.

Intended learning outcomes

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.

Courses (type, number of weekly contact hours, language — if other than German)

S (no information on SWS (weekly contact hours) and course language available)

Method of assessment (type, scope, language — if other than German, examination offered — if not every semester, information on whether module is creditable for bonus)

written elaboration (approx. 5 pages)

Allocation of places

Number of places: maximum 12. 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.

Additional information

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Workload

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Teaching cycle

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Referred to in LPO I (examination regulations for teaching-degree programmes)

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Module appears in

keinem Studiengang zugeordnet