

Course Requirements and Topics

Subject: MSP1206 Stress and Conflict Management

Instructor: Miriam Jánvári PhD

Semester topics:

- Group building, starting the group, developing individual and group goals
- Developing group rules
- Interpreting the concept of stress, its impact on the lives of group members
- Coping strategies
- The concept of conflict, its types
- Mapping one's own conflicts
- Effective communication in conflict situations

Participation in classes:

Participation in practical classes is compulsory. The permissible amount of semester absence in full-time education is 3 lessons concerning the consultation of the course. If this is exceeded, the semester cannot be assessed (TVSz 8.§ 1.).

Semester requirement: term grade

Method and schedule of assessment: The course can be completed with active participation. The assessment takes place in the last lesson.