

Course title: Employment and University Related Stress Training (EUREST)	Credits: 2
Course classification: free elective	
Type and number of contact hours: practice	
Assessment method: practical grade	
Position of the course in the curriculum: not linked to a specific semester	
Prerequisites (if any) none	
Course description:	
Globally almost everybody is under a lot of pressure in our everyday life. Experts say that students are exposed to stress in a great amount and a high incidence of mental illness is common among them. However, stress can affect not only students' life but also the life of employees. About half of European employees believe that stress is an everyday problem in their workplace and that approximately half of the days lost are due to stress. Psychosocial risks and stress could be treated in the same way as any other occupational safety and health risk. The legal context is also important to fight for decent working conditions without occupational stress. The aim of the stress management training is utmost important. It makes students enable to understand and properly manage stress at the university and to be prepared for the stress that will affect them later in their professional lives. The training aims to develop soft skills with theoretical and practical methods to help understand and manage stress.)	
List of the 2–5 most important required and recommended readings (lecture notes, textbooks), including bibliographic details (author, title, publication data, [possibly page numbers], ISBN)	
1. Lazarus, R. S., & Folkman, S. (1984). Stress, Appraisal, and Coping. New York: Springer. 2. Maslach, C., Jackson, S. E., & Leiter, M. P. (1996). Maslach Burnout Inventory Manual (3rd ed.). Palo Alto, CA: Consulting Psychologists Press. 3. World Health Organization. (2022). Mental Health at Work: Policy Brief. 4. World Health Organization. (2022). Guidelines on Mental Health at Work. 5. European Agency for Safety and Health at Work (EU-OSHA). (2024). Psychosocial Risks and Mental Health at Work. 6. Bakker, A. B., & Demerouti, E. (2017). Job demands-resources theory: Taking stock and looking forward. <i>Journal of Occupational Health Psychology</i>, 22(3), 273-285. https://doi.org/10.1037/ocp0000056. 7. Leiter, M. P., & Maslach, C. (2005). Banishing Burnout. 8. American College Health Association. (2025). National College Health Assessment III: Fall 2024 Reference Group Executive Summary. American College Health Association. https://www.acha.org/ncha/. 9. OECD. (2021). Beyond Academic Learning: First Results from the Survey of Social and Emotional Skills. OECD Publishing. https://doi.org/10.1787/92a11084-en.	
List of the prescribed professional competencies and competence elements (knowledge, skills, etc.; Section 7 of the Training and Outcome Requirements) to whose development the course substantially contributes.	
a) Knowledge Demonstrates knowledge of the psychological, physiological, legal, and occupational health aspects of workplace and university-related stress. Understands the main causes, symptoms, and consequences of stress, as well as evidence-based stress management approaches. Understands the role of psychosocial risk prevention and institutional responsibilities in promoting well-being. b) Skills Identifies and analyses personal and organizational stressors and their impact on performance and well-being. Applies practical stress management and resilience-building techniques in academic and workplace settings. Develops and evaluates personal strategies for maintaining mental well-being and managing stress effectively.	

c) Attitude

Values healthy, supportive, and inclusive learning and working environments.

Demonstrates openness to seeking support and engaging in constructive collaboration when addressing stress-related challenges.

d) Autonomy and Responsibility

Takes responsibility for managing personal well-being and implementing effective stress management practices.

Works independently, evaluate, and improve personal coping strategies in response to changing circumstances.

Contributes responsibly to fostering a psychologically safe and healthy academic and workplace environment.

Planned number of students: 20

Additional information: This online course is free of charge from EUGLOH. As the course is delivered online, participants need access to the necessary technology and internet to follow the programme.

Course coordinator: Prof. József Hajdú

Instructors involved in the course (if any): Oguz Kelemen, Katalin Visontai-Szabó, Szilvia Kassai, Bence, Aurer.