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| ***ÇAĞ UNIVERSITY***  ***INSTITUTE OF SOCIAL SCIENCES***  ***DEPARTMENT OF PSYCHOLOGY*** | | | | | | | | | | | | | | | | | | | | | | | |
| **Code** | | | | **Course Name** | | | | | | | | | | | | **Credit** | | | | | **Ects** | | |
| PSİ 527 | | | | Mindfulness | | | | | | | | | | | |  | | | | |  | | |
| Prerequisite Courses | | | | | | | | None | | | | | | | | | | | | | | | |
| Course Language | | | | | | | | Turkish | | | | Course Outline | | | | | | Face to Face | | | | | |
| Type / Level of Course | | | | | | | | Compulsory / Master / 1. Year/ Spring Semester | | | | | | | | | | | | | | | |
| **Faculty Members** | | | | | **Title and Name/Surname** | | | | | | **Course Hours** | | | | | | **Office Hours** | | | | **Contact** | | |
| **Course Coordinator** | | | | | Prof. Dr. Şükrü Uğuz | | | | | | Saturday 09:30 to 12:30 | | | | | |  | | | |  | | |
| **The aim of the course** | | | | | Through this course, students will learn the principles of awareness, develop their own tool applications and apply the principles to daily life. While learning strategies that will work skillfully with thoughts, emotions, they will develop the capacity of current experiences to raise mind-body awareness. They will explore theories and research in the field of emerging science that have beneficial effects on awareness, physical and mental health. | | | | | | | | | | | | | | | | | | |
| **Course Learning Outcomes** | |  | A student who completes the course successfully; | | | | | | | | | | | | | | | | | **İlişkiler** | | | |
| **Prog. Çıktıları** | | | **Net Katkı** |
| 1 | Critically evaluate and synthesize research on mindfulness | | | | | | | | | | | | | | | | | 1 | | | **5** |
| 2 | Verbally report and debate multiple perspectives about mindfulness | | | | | | | | | | | | | | | | | 1, 2 | | | **5, 5** |
| 3 | Will be able to learn techniques to develop positive emotions such as joy, kindness, equality, gratitude, compassion and self-affection. | | | | | | | | | | | | | | | | | 1, 4,6 | | | **5, 5** |
| 4 | Will be able to learn more about attention, theory, practice and attention research and how to use this knowledge in individual practice. | | | | | | | | | | | | | | | | | 3, 8 | | | **5, 5** |
|  | | 5 | Know several mindfulness techniques that can be applied to their lives. | | | | | | | | | | | | | | | | | 4, 8 | | | **5, 5, 4** |
| **Course Content:** To learn awareness techniques and improve their application skills | | | | | | | | | | | | | | | | | | | | | | | |
| **Course Contents :( Weekly Lecture Plan)** | | | | | | | | | | | | | | | | | | | | | | | |
| **Week** | **Topic** | | | | | | | | | | | | **Preparation** | | | | | | **Learning Activities and Teaching Methods** | | | | |
| 1 | Introduction to awareness | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 2 | Emerging awareness science | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 3 | Mind-body awareness and connection | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 4 | Standing meditation, walking and careful movement | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 5 | Working with thoughts | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 6 | Flexibility and post-traumatic growth | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 7 | Working with emotions: recognizing and manipulating | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 8 | Midterm | | | | | | | | | | | |  | | | | | |  | | | | |
| 9 | Develop positive emotions: equality and joy | | | | | | | | | | | | Textbook | | | | | | None | | | | |
| 10 | Awareness in daily life and activities | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 11 | Careful connection and communication | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 12 | Attention in decision making | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 13 | Dealing with change, loss and discontinuity | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 14 | Balancing time and priorities | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 15 | Open awareness | | | | | | | | | | | | Textbook | | | | | | Lecture & Discussion | | | | |
| 16 | Final | | | | | | | | | | | |  | | | | | | None | | | | |
| **SOURCES** | | | | | | | | | | | | | | | | | | | | | | | |
| Course Book | | | | | | Neff, K. D., & Dahm, K. A. (2015). Self-compassion: What it is, what it does, and how it relates to mindfulness. In Handbook of mindfulness and self-regulation (pp. 121-137). Springer, New York, NY. | | | | | | | | | | | | | | | | | |
| **Quantification and consideration** | | | | | | | | | | | | | | | | | | | | | | | |
| **Activities** | | | | | | | **Number** | | | **Addition** | | | | **Notes** | | | | | | | | | |
| Midterm | | | | | | | **1** | | | **40%** | | | | Total | | | | | | | | | |
| Final | | | | | | | **1** | | | **60%** | | | |  | | | | | | | | | |
| ***Rate of Success for the Year*** | | | | | | |  | | | **40%** | | | |  | | | | | | | | | |
| ***Rate of Success for the final*** | | | | | | | **1** | | | **60%** | | | | Total | | | | | | | | | |
| **ECTS TABLE** | | | | | | | | | | | | | | | | | | | | | | | |
| **Content** | | | | | | | | | **Number** | | | | | | **Hour** | | | | | | | **Total** | |
| Course Hour | | | | | | | | | **14** | | | | | | **2** | | | | | | | **28** | |
| Out-of-Class Study | | | | | | | | | **14** | | | | | | **1** | | | | | | | **14** | |
| Midterm | | | | | | | | | **1** | | | | | | **4** | | | | | | | **4** | |
| Final | | | | | | | | | **1** | | | | | | **8** | | | | | | | **8** | |
| **Total**  **Toal / 30**  **Ects Credit** | | | | | | | | | | | | | | | | | | | | | | **60** | |
| **136/30=4,53** | |
| **5** | |
| **GEÇMİŞ DÖNEM BAŞARILARI** | | | | | | | | | | | | | | | | | | | | | | | |
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