

Implementation plan Finished

Study unit	Stress Tolerance (R0223), 5.0
Implementation	CCA1721: 2/2017-2018 (08.01.2018 - 15.06.2018)
Type	MANAGEMENT AND WELLBEING SUPPORTING PROFESSIONAL GROWTH (0398)
Groups	Primary: CCA17SY Others :
Involved in the project	
Lecturers	Leena Kuosmanen Senior Lecturer Special Needs teacher
Number of participants	Minimum: Maximum:
Enrolment period	27.11.2017 08:00 - 08.12.2017
Main timing for implementation	According to a schedule agreed by the parties
Applicability	For exchange students: No For elective studies: Yes Open UAS student: No Suitable for virtual UAS: Yes
Teachers	Kuosmanen Leena (Teacher in charge)
Campus	Laurea Tikkurila
Main location for implementation	At the campus
Implementation method	Optima realization/student group, Web/virtual Language: English Virtuality: 2 cr Integration of R&D: 0 cr
Implementation class	LbD supporting knowledge and skills development
Focus areas	Ensuring welfare (FUAS)
Evaluation at the latest	15.07.2018 Storing of graded material ends.: 15.06.2019
Exam days	
Having completed the study unit the student is able to	The student is able to • recognize his/her stress factors • improve his/her stress management skills • improve his/her skills in carrying out studies and graduate in time • manage his/her thesis angst and minimize barriers
Previous studies	