Content

Course Code	Course Name	Semester	Theory	Practice	Lab	Credit	ECTS
CC315		1	2	0	0	2	3

Prerequisites	
Admission Requirements	

Language of Instruction	Turkish
Course Type	Elective
Course Level	Bachelor Degree
Objective	-The aim of this course is to provide students with the ability to maintain psychological resilience in different environments. Within the scope of the course, psychological resilience will be defined, and how to protect it against different situations and events will be conveyed.
Content	-1. Human, society, and the digital age 2. Challenging life events 3. Individual and social traumas 4. What is psychological resilience? 5. Components of psychological resilience 6. Factors affecting psychological resilience 7. Classical theories explaining psychological resilience 8. Contemporary theories explaining psychological resilience 9. Mid-term Exam 10. Applications to increase psychological resilience in social relations in the digital world 11. Applications to increase psychological resilience in professional life 12. Psychological resilience in situations such as migration, pandemics, and war 13. Individual practices to increase psychological resilience 14. Group practices to increase psychological resilience
References	• Prof. Ayşe Bilge Selçuk – Psikolojik Sağlamlık • Glenn R. Schiraldi – The Resilience Workbook • Viktor Frankl – Man's Search for Meaning • Kadir Özer – Üç Psikolojik Soru • Eric Berne – Games People Play • Albert Ellis – How To Stubbornly Refuse To Make Yourself Miserable About Anything—Yes, Anything! • Ian Stewart & Vann Joines – TA Today: A New Introduction to Transactional Analysis • Thomas A. Harris – I'm OK – You're OK • Marshall B. Rosenberg – Nonviolent Communication: A Language of Life • William Davies – The Happiness Industry • Film: Her (2013), Directed by Spike Jonze.

Theory Topics

Week	Weekly Contents
1	1. Human, society, and the digital age
2	2. Challenging life events
3	3. Individual and social traumas
4	4. What is psychological resilience?
5	5. Components of psychological resilience
6	6. Factors affecting psychological resilience
7	7. Classical theories explaining psychological resilience
8	8. Contemporary theories explaining psychological resilience
9	9. Mid-term Exam
10	10. Applications to increase psychological resilience in social relations in the digital world
11	11. Applications to increase psychological resilience in professional life

Week	Weekly Contents
12	12. Psychological resilience in situations such as migration, pandemics, and war
13	13. Individual practices to increase psychological resilience
14	14. Group practices to increase psychological resilience