

Country PL	Institution MULF	Common Module Stress Management	ECTS 2.0
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Service ALL	Minimum Qualifications for Lecturers <ul style="list-style-type: none"> Knowledge of stress management field in theory and practice. Knowledge of how to manage stress and use stress management in military training programmes. International experience in combat performance and combat stress behaviours. Practical leadership experience. Common European Framework of Reference for Languages (CEFR) Level C1 or NATO STANAG 6001 Level 3 (SLP 3333).
Language English	
SQF MILOF	Competence area - Combat-Ready Role Model Learning area - Military physical and psychological training Organisation level - common

Prerequisites for International Participants <ul style="list-style-type: none"> English: Common European Framework of Reference for Languages (CEFR) Level B1 or NATO STANAG 6001 Level 2 (SLP 2222). Knows the TLP. Has basic knowledge of the MDMP. Ability to work in a team. 	Goals of the Module <ul style="list-style-type: none"> Apply techniques to maintain and encourage a high level of morale and discipline of subordinates, and the psychological fitness required for enduring a broad range of situations in difficult and dangerous conditions.
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Learning Outcomes	Knowledge	<ul style="list-style-type: none"> Formulate the causes and implications of stress, early stress signs and symptoms to prevent chronic stress Explain how to control stress through cross-training, task allocation, tasks matching and task sharing.
	Skills	<ul style="list-style-type: none"> Identify potential sources of stress signs. Employ various stress control techniques.
	Responsibility and autonomy	<ul style="list-style-type: none"> Effectively deal with danger and fear as part of leader's life. Recognise the limits of a soldier's endurance.

Verification of Learning Outcomes <ul style="list-style-type: none"> Test: Theoretical part of the Module can be conducted via the e-Learning which includes self-evaluations after each lesson, and final test verifying learned knowledge. Observation: Throughout the Module students are to discuss assigned topics within syndicates and in the plenary. During their work students are evaluated in order to verify their performance and complete a Stress indicators questionnaire. Evaluation: Group presentations of assigned topics, participation in stress-management activities, project presentations and stress management exercise scenario-based training CAX or MAPEX.
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Module Details (the content is as an example and depend on the course director decision)		
Main Topic	Recom- mended WH	Details
Introduction	2	<ul style="list-style-type: none"> Presentation of the goals and expected outcomes of the course. Pre-course questionnaire.
Stress management	3	<ul style="list-style-type: none"> Introduction to stress and stress management. Types of stress. Types of stress factors in the military. Behavioural stress symptoms in the military. (can be conducted via e-learning).
Stress management and relaxation techniques	3	<ul style="list-style-type: none"> Tools for stress management. Stress-reduction techniques. Combat stress management building blocks. Creation of a personal stress management plan. (can be conducted via e-learning).
Effective leadership	6 (incl. 4 SW)	<ul style="list-style-type: none"> Determination of a leadership style – a questionnaire. Time management. Team-building. Effective communication. Feedback.
Decision making under time pressure	8 (incl. 6 SW)	<ul style="list-style-type: none"> Planning under time pressure – selected models. Decision-making in chaos-scenarios. Creation of the sense-making process allowing leaders to make informed decisions.
Stress-reduction techniques for leaders	8 (incl. 6 SW)	<ul style="list-style-type: none"> Stress levels – Identification of stress factors. Stress-reduction techniques – calming physical reactions to stress. Causes of stress and their effects – a post-training questionnaire to identify changes in the perception of stress indicators.
Stress management exercise (CBST)	16 (incl. 14 SW)	<ul style="list-style-type: none"> Strategy for the commander's actions in a stressful situation during combat operations. Managing leader's reactions. Avoiding extreme reactions. Controlling emotions. Reducing negative thinking and fear. Visualising tasks. Dealing with information overload and managing multiple high-priority assignments. Building team skills. Eliminating negative thinking, embracing positive thoughts. Monitoring and reducing subordinates' anger level.
Total	46	
Additional Hours to enhance learning outcomes		
	14	Private study & pre-reading hours may be counted as self-study. Course feedback provided by students.
Total WH	60	The number of hours for the use of the developed e-learning content is up to the module director. He/she may replace the e-learning hours/topics with residential phases. The detailed number of hours for the respective main topic is up to the course director according to national laws or the home institution's rules.

Drafted by: MAJ Piotr PIETRAKOWSKI, PhD., MAJ Gustaw MICHALEWSKI, PhD 20th April 2018
Revised by: LTC Mikołaj KUGLER, PhD 22nd May 2018
Revised by: LTC Marcin BIELEWICZ, PhD 15nd August 2018
Revised by: COL Assoc. Prof. Harald GELL, PhD, MSc, MSD, MBA 19th August 2018
Revised by: LTC Marcin BIELEWICZ, PhD 25nd August 2018
Revised according to SQF MILOF by CAPT (N) N. Dimitrov and Assoc. Prof. N. Karadimas / Chairpersons LoD 2/8 23rd May 2024

List of Abbreviations

B1, B2, C1	Common Reference Levels
CAX	Computer-Assisted Exercise
CBST	Competence-Based Scenario Training
CEFR	Common European Framework of Reference for Languages
ECTS	European Credit Transfer and Accumulation System
IG	Implementation Group
IMLA	International Military Leadership Academy
MAPEX	Map Exercise
MDMP	Military Decision-Making Process
MULF	General Tadeusz Kosciuszko Military University of Land Forces in Wrocław
NATO	North Atlantic Treaty Organization
PL	Poland
SLP	Standardized Language Profile
STANAG	Standardization Agreement
SW	Syndicate Work
TLP	Troop-Leading Procedures
WH	Working Hour

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