COURSE: FATIGUE AND STRESS

Contact person: Andrea Russo, arusso@pfst.hr
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Web page: http://split-summerschool.com

Main topics:
• Science and stress
• Genetics and lifestyle in stressful response
• How destructive are we when we are tired
• The relation of daily computer work to stress
• Work on the quality and stress regarding external evaluation
• Mind control. Help and self-help
• Final seminars presentations

Programme structure:
• 5-day course
• Sample data will be provided for practice and for final presentation
• Every student gets lecture notes bound into a booklet, as well as a CD containing a digital version of the booklet, the current version of Y-code

Important dates:
Course dates: 26/08/2019 – 30/08/2019
Deadline for application: 15/07/2019
Payment due by: 01/08/2019
Confirmation of the course: 10/08/2019

Price of the course: 300 € (tax included)
Bed & breakfast: 189 € (tax included) – contact person: Marina Kero, marina.kero@scst.hr
Programme plan:

Day 1
- Introduction (AR)
- How do we perceive and experience the real world (AR)
- From the fatigue to stress (VD)

Day 2
- The relation to daily computer work to stress (AG)
- Work on the quality and stress during the visit of external evaluators (MK)
- Individual work with teachers (AG, MK)

Day 3
- How destructive are we when we are tired (MZ)
- The role of consciousness and conscience (AR)
- Role-playing (MZ, AR)

Day 4
- Genetics and lifestyle in stressful response (IHD)
- Case study (IHD, AR)

Day 5
- Mind control. Help and self-help (VD, AR)
- Final seminars presentations (VD, AR)

Programme lecturers:

Andrea Russo, PhD
University of Split, Faculty of Maritime Studies
Croatian Scientific Bibliography

Varja Đogaš, PhD
University of Split School of Medicine
Croatian Scientific Bibliography

Anita Gudelj, PhD
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