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|  **UNIVERSITY OF NIŠ** |
| **Course Unit Descriptor** | **Faculty** | **Faculty of Philosophy** |
| **GENERAL INFORMATION** |
| Study program  | **Pedagogy** |
| Study Module (if applicable) |  |
| Course title | Mental Health Protection |
| Level of study | ☒Bachelor ☐ Master’s ☐ Doctoral |
| Type of course | ☐ Obligatory☒ Elective |
| Semester  | ☒ Autumn ☐Spring |
| Year of study  | second |
| Number of ECTS allocated | 4 |
| Name of lecturer/lecturers | Bojana Dimitrijević |
| Teaching mode | ☒Lectures ☐Group tutorials ☐ Individual tutorials☐Laboratory work ☐ Project work ☐ Seminar☐Distance learning ☐ Blended learning ☒ Other |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** |
| Developing sensitivity in students for mental health and mental health problems as well as how to overcome it through the using of psychological techniques, skills and knowledge. |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** |
| It is expected that students after course adopt knowledge about primary, secondary and tertiary prevention and how to use psychological interventions in preventive work, as well as to adopt skills for making difference between normality and mental disorders. The main topics of the course are: Introduction to the basic concepts and aims of mental hygiene and mental health. Understanding concepts and differences between normality and mental disorders. Developmental psychology of life cycle in humans. Stress and coping. Crisis and coping. Preventive work (primary, secondary and tertiary prevention). Mental hygiene in children development. Family (concept, family roles, functional and dysfunctional families). Criteria for partner choice, types of functional and dysfunctional partnership. The role of emotional intelligence in mental health protection. |
| **LANGUAGE OF INSTRUCTION** |
| ☒Serbian (complete course) ☐ English (complete course) ☐ Other \_\_\_\_\_\_\_\_\_\_\_\_\_ (complete course)☐Serbian with English mentoring ☐Serbian with other mentoring \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **ASSESSMENT METHODS AND CRITERIA** |
| **Pre exam duties** | **Points** | **Final exam** | **points** |
| **Activity during lectures** | **5** | **Written examination** | **30** |
| **Practical teaching** | **5** | **Oral examination** | **40** |
| **Teaching colloquia** | **20** | **OVERALL SUM** | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** |