

Course Title: **Stress and Resilience at Work**

Course Code: **MGMT705**

Descriptor Start Date: **28/02/2022**

POINTS: **15.00**

LEVEL: **7**

PREREQUISITE/S: **None**

COREQUISITE/S: **None**

RESTRICTION/S: **467959**

## LEARNING HOURS

Hours may include lectures, tutorials, online forums, laboratories. Refer to your timetable and course information in Canvas for detailed information.

**Total learning hours: 150**

## PRESCRIPTOR

Examines stress and resilience at work and other organisational contexts, including theoretical and practitioner models. Students will critically evaluate the causes and consequences of stress and resilience. A range of approaches to managing stress and improving resilience at work are explored at different levels: individual, organisational, profession, industry, government and NGOs.

## LEARNING OUTCOMES

1. Evaluate the multiple and complex causes of stress.
2. Recognise the stress response and the “signs and symptoms” in self and others.
3. Examine the concept of resilience.
4. Critique theories underpinning stress and resilience.
5. Critically evaluate different approaches to stress management.
6. Critically evaluate organisational stress management interventions.

## CONTENT

- Multiple definitions and theoretical approaches on stress and resilience
- Evidence of the impact of stress on wellbeing
- Current issues in work-related stress
- Managing stress and improving resilience to build healthy workplaces

**Disclaimer: Course descriptors may be amended between teaching periods/semesters**

## LEARNING & TEACHING STRATEGIES

An appropriate range of strategies that may include lectures, workshops & online learning.

## ASSESSMENT PLAN

Assessment Event	Weighting %	Learning Outcomes
Personal organisational reflection (Individual)	40.00	1-6
Case Study (Individual)	40.00	1-6
Context analysis (Individual)	20.00	1-6

### Grade Map

#### MAP1

A+ A A- Pass with Distinction

B+ B B- Pass with Merit

C+ C C- Pass

D Fail

### Overall requirement/s to pass the course:

Obtain 50% overall

## LEARNING RESOURCES

Details of all learning resources (including journals, databases, websites etc) are available on Canvas. Required Text(s): If there is a required text, details are available by searching the University Bookshop's website: [www.ubs.co.nz](http://www.ubs.co.nz)

**For further information, contact:** Te Ara Pakihi, Te Ohanga Me Te Ture - Faculty of Business, Economics and Law

**Principal Programme:** AK3693, Bachelor of Business

**Related Programme/s:** AK1006 DipBus, AK1007 CertBusSt, AK1315 BBus/BCS, AK3001 BBus/BSc, AK3002 BA/Bus, AK3003 BBus/BCIS, AK3004 BBus/BIHM, AK3726 BBus/BHSc, AK3709 GradDipBus, AK3753 GradCertBus

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