

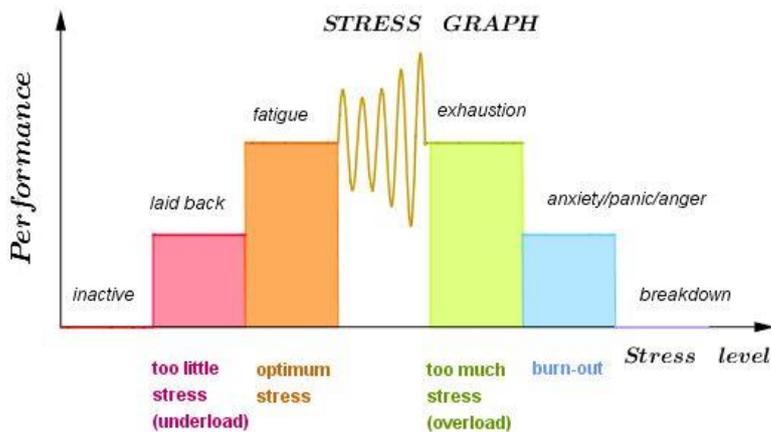


SPLIT SUMMER SCHOOL STSS2018

COURSE: FATIGUE AND STRESS

Contact person: Andrea Russo, arusso@pfst.hr
phone: +385 98 757045

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: 27/08/2018 – 31/08/2018
Deadline for application: 15/07/2018
Payment due by: 01/08/2018
Confirmation of the course: 10/08/2018

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 (VĐ)

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

Day 2

- The relation of 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)

Anita Gudelj, PhD

University of Split, Faculty of Maritime Studies
Croatian Scientific Bibliography

Maja Krčum, PhD

University of Split, Faculty of Maritime Studies
Croatian Scientific Bibliography

Capt. Marijan Zujčić

University of Split, Faculty of Maritime Studies
Croatian Scientific Bibliography

Andrea Russo, PhD

University of Split, Faculty of Maritime Studies
Croatian Scientific Bibliography

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)

I. Hofman Drmić, PhD

University of Split, School of Medicine
Croatian Scientific Bibliography

Andrea Russo, PhD

University of Split, Faculty of Maritime Studies
Croatian Scientific Bibliography

Day 5

- Mind control. Help and self-help (VĐ, AR)
- Final seminars presentations (VĐ, AR)

Varja Đogaš, PhD

University of Split, School of Medicine
Croatian Scientific Bibliography

Andrea Russo, PhD

University of Split, Faculty of Maritime Studies
Croatian Scientific Bibliography