

Guidelines for PT-8 and IWS-3.

PT 8. Psychology of professional and personal success.

To complete the PT-8 and IWS-3 assignments, split into teams of 4-5 people (no more) and prepare a presentation for the Week 8 Seminar class.

Each team will report the developed topic through the presentation to the rest of the group. Teamwork is worth 50% out of 10 points for IWS-3 and 50% out of 10 points for PT-8 - the remaining 50% you can earn through your part of the oral presentation and in-class seminar activity.

The Psychology course is not a course on *English Reading*. Please comprehend your information/materials and give an oral presentation. True teamwork means every team member may assist others and provide corresponding ideas/thoughts/facts when your peer can't develop/describe/explain some items.

The number of slides is at most 10, don't overload the slides with text and pictures. No PDF and Word docs, only PPT. The length of a team report is 7-8 minutes. The presentation submission deadline is **April 2nd for all the groups**. The group leader collects the presentations and sends them **directly** to me by e-mail in a zip file. A group leader is responsible for gathering all the presentations and checking the ppt titles and names of team members on the 1st slide. Distribute the topics so that no one theme appears twice in the Seminar hour.

Presentations' topics are as follows:

1. Positive psychological well-being education for university students.
2. Lifestyle and Personal Health.
3. Psychological factors of professional and personal success.
4. Group communication: Types and benefits.
5. Burnout in healthcare workers: Risk factors and preventative strategies.
6. Barriers to professional growth and ways to overcome them.
7. What is stress? Social and cultural sources of stress.
8. Stress coping strategies.