

STUDY GUIDE

Psychology of sleep, stress, and human performance

Course/training name	Psychology of sleep, stress, and human performance
Host Institution(s)	Universität Konstanz
Co-organising Institution(s) (if applicable)	ZUKOnnect Fellow - Cohort 2024
Course level (if applicable)	All
Name and faculty of the lecturer(s)/trainer(s)	Department of Psychology Prof. Dr. Antonieta Martínez-Guerrero, and Dr. David E. Apablaza-Yevenes Coordinator: Serpil Hummel
Mode of delivery	Live Virtual Session via Zoom
Location (if applicable)	ZOOM



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Erasmus+ Programme
of the European Union



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Dates of the <u>online</u> component (if applicable)	07.01.2027 - 10.01.2027 2:00 pm – 7:30 pm (German time)																																				
Dates of the <u>on-site</u> component (if applicable)																																					
Cost	None																																				
Target audience(s)	☒ Bachelor's ☒ Master's ☐ PhD ☐ Educators ☐ Researchers ☐ Administrative staff																																				
Prerequisites	English B2 level Priority will be given to BA students																																				
Main Thematic Arena(s)	☒ Arena 1 - Health and Well-Being ☐ Arena 2 - Social Equality and Well-Being ☐ Arena 3 - Environmental change and Well-Being ☐ Arena 4 - Culture, Multilingualism and Well-Being ☐ Arena 5 - Teacher Education and Well-Being ☐ Transversal																																				
Field(s) of research / study	Interdisciplinary Health, Education & Wellbeing Studies; Psychology and Mental Health																																				
Related Sustainable Development Goals (SDG) 	<table border="1"> <tr> <td>☐</td><td>1 - No poverty</td> <td>☐</td><td>10 - Reduced inequalities</td> </tr> <tr> <td>☐</td><td>2 - Zero hunger</td> <td>☐</td><td>11 - Sustainable cities and communities</td> </tr> <tr> <td>☒</td><td>3 - Good health & well-being</td> <td>☐</td><td>12 - Responsible consumption & production</td> </tr> <tr> <td></td><td>4 - Quality education</td> <td>☐</td><td>13 - Climate action</td> </tr> <tr> <td></td><td>5 - Gender equality</td> <td>☐</td><td>14 - Life below water</td> </tr> <tr> <td>☐</td><td>6 - Clean water & sanitation</td> <td>☐</td><td>15 - Life on land</td> </tr> <tr> <td>☐</td><td>7 - Affordable & clean energy</td> <td>☐</td><td>16 - Peace, justice & strong institutions</td> </tr> <tr> <td>☐</td><td>8 - Decent work & economic growth</td> <td>☐</td><td>17 - Partnerships for the goals</td> </tr> <tr> <td>☐</td><td>9 - Industry, innovation & infrastructure</td> <td></td><td></td> </tr> </table>	☐	1 - No poverty	☐	10 - Reduced inequalities	☐	2 - Zero hunger	☐	11 - Sustainable cities and communities	☒	3 - Good health & well-being	☐	12 - Responsible consumption & production		4 - Quality education	☐	13 - Climate action		5 - Gender equality	☐	14 - Life below water	☐	6 - Clean water & sanitation	☐	15 - Life on land	☐	7 - Affordable & clean energy	☐	16 - Peace, justice & strong institutions	☐	8 - Decent work & economic growth	☐	17 - Partnerships for the goals	☐	9 - Industry, innovation & infrastructure		
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Number of ECTS and/or workload (in hours)	4 ECTS				
Language(s) of instruction	English				
Key words	Stress Reduction and Resilience	Burnout Prevention	Healthy Sleep and Behavioral Health	Managing Performance, Digital Wellbeing	Preventive Health and Health Promotion
Catch Phrase	From Stress to Strength: Building Resilience for Study, Life & Work. An interactive workshop delivering practical, evidence-based tools to manage stress, prevent burnout, and strengthen resilience, grounded in real-world case studies and scientific research.				
Total number of places for EUniWell participants	15				
Application procedure	Application form on the EUniWell Courses and Training Catalogue				
Selection criteria	Strong interest in the topic, as expressed in the motivation field of the application form. Also, priority will be given to BA students				
Abstract	Key Topics: Stress management, burnout prevention, healthy sleep, performance and pressure management, exam anxiety, mindfulness, digital wellbeing, FOMO, and resilience. This live online workshop equips university students with evidence-based knowledge and practical strategies to manage stress, prevent burnout, improve sleep, and navigate academic and performance pressure. The focus extends beyond university life to everyday challenges and the transition into work, fostering sustainable wellbeing, resilience, healthy habits, and balanced performance in study, life, and work. ZUKOnnect Fellow - Cohort 2024. This workshop is conducted by Prof. Dr. Antonieta Martínez-Guerrero at UDLAP, Mexico. Among other areas, she is an expert in brain connectivity and autism research at UNAM. Dr. David E. Apablaza-Yevenes is a specialist in consciousness and brain dynamics from UAEM's Complex Systems Lab. This workshop is organized by Serpil Hummel.				

Key Topics:	Stress Management & Reduction Burnout Prevention Healthy Sleep & Sleep Hygiene Managing Performance & Expectations Coping with Pressure Exam & Performance Anxiety Digital Wellbeing & Detox FOMO (Fear of Missing Out)
Programme / session(s)' schedule	Mindfulness & Emotional Regulation Resilience & Sustainable Wellbeing Thurs, 07.01.2027: 2:00 pm – 7:30 pm (Zoom), Fri, 08.01.2027: 2:00 pm – 7.30 pm (Zoom) Sa, 09.01.2027: 2:00 pm – 7.30 pm (Zoom), Sun, 10.01.2027: 2:00 pm – 7:30 pm (Zoom)
Developed skills and competences	📺 Stress and exam anxiety management 📺 Burnout prevention and resilience building 📺 Mindfulness and emotional self-regulation 📺 Sleep hygiene and recovery strategies 📺 Self-reflection and mental health awareness in academic contexts
Objectives and learning outcomes	Objectives • To introduce students to key psychological factors affecting academic performance and well-being • To provide practical, evidence-based strategies for sustainable mental health during studies Learning Outcomes Upon successful completion of the workshop, students will be able to: • Identify and explain key mechanisms of stress, burnout, and exam anxiety • Apply practical techniques for stress reduction and performance management • Integrate mindfulness and healthy sleep practices into daily life • Develop personal strategies to enhance resilience and prevent burnout
Assessment methods and criteria (if applicable)	Assessment Methods • Preparation and submission of an audio power point presentation • Active participation in workshop activities • Engagement in practical exercises and group discussions Assessment Criteria • Demonstrated understanding of core concepts

	• Ability to apply theoretical knowledge to practical contexts • Reflective engagement with learned strategies • <u>Clarity and effectiveness of the presentation</u>
Type of certification issued upon attendance or completion	EUniWell Certificate and if requested grade for the course
Contact	<i>For questions related to the content of the course, please contact:</i> Serpil Hummel health-literacy@uni-konstanz.de <i>For general questions about EuniWell, please contact:</i> euniwell@uni-konstanz.de