Pro·Stress
Promotion of Stress Management

2nd Semester Academic

Year 2025/2026

UCP2 Mental Health

2nd Edition of the Pro●Stress Programme

Coordinator

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Team

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Programme

1. Understanding the concept of stress and its theoretical perspectives.

2. Assessment of stress management skills.

3. Intervention techniques for stress management.

4. Levels of intervention in stress management.

5. Development of stress management plans.

General Objective

The primary aim of this programme is to foster an understanding of the stress management process and to promote the ability to manage stressful situations within the university context.

Accordingly, the programme seeks to provide knowledge and train practical strategies in areas related to the characteristics that make situations stressful, the ways in which students can assess stress, and the possible interventions to address stressors. It is intended for students of the Universidade Católica Portuguesa.

Learning Outcomes

Students are expected to be able to:

1. Identify the theoretical and empirical foundations of stress management.

2. Assess their personal readiness for stress management.

3. Identify stress management techniques.

4. Identify and apply positive cognitive appraisal patterns in relation to stress.

5. Recognize individual, team, and institutional levels of stress management.

6. Develop and implement stress management plans.

Methods

The programme incorporates three main methods: (a) a teacher-centered approach, typically lecture-based; (b) a student-centered approach, typically involving individual work or small-group activities; and (c) a student-centered approach involving the whole class.

Certificate of Participation

The certificate will be awarded only upon submission of the individual stress management plan.

Session Format

The sessions will be conducted online (e-learning) in Portuguese. The programme consists of 10 weekly sessions, totaling 27 hours (see the Scheduling section).

Attendance at Sessions

Attendance is mandatory, with a maximum of 9 hours of absence allowed relative to the total hours of instruction.

Scheduling

Session	N.º hours	Day	Weekday	Hour
Session 1	2h	March 17	Tuesday	3pm – 5pm
Session 2	3h	March 31	Tuesday	3pm – 6pm
Session 3	3h	April 9	Thursday	3pm – 6pm
Session 4	3h	April 14	Tuesday	3pm – 6pm
Session 5	2h	April 28	Tuesday	3pm – 5pm
Session 6	3h	May 5	Tuesday	3pm – 6pm

Session 7	2h	May 12	Tuesday	3pm – 5pm
Session 8	3h	May 19	Tuesday	3pm – 6pm
Session 9	3h	May 26	Tuesday	3pm – 6pm
Session 10	3h	June 2	Tuesday	3pm – 6pm

Registration

Registrations must be completed through the registration form. At the time of registration, students are required to submit a motivation letter explaining the relevance of the programme to their academic and personal development.

Application deadline: **March 13, 2026**

All registrations are subject to a review process; therefore, submitting an application does not automatically guarantee a place in the programme.

Students will be contacted by email if their registration is approved by March 13, 2026.