שם הקורס: Resilience - The art of disaster management and coping

חוסן – אומנות ההתמודדות וניהול מצבי חירום ואסון מס' הקורס: 485-2-3000

תיאור הקורס: זהו קורס חדשני הנלמד אונליין בפלטפורמת EdX. הקורס ניתן באנגלית עם כתוביות בעברית. החוסן הינו יכולת חיונית בהתמודדות המוצלחת והיעילה במצבי חירום ואסון. קורס זה הוא קורס חדשני שמטרו ללמד ולתרגל חוסן. הקורס עוסק במשאבים והכלים, החיצוניים והפנימיים הנדרשים להתמודדות עם מצבי לחץ והצמיחה מהם.

<u>Course Description</u>: Resilience is a necessary capacity in the successful and effective management in the context of emergency situations. This is an innovative course aiming to teach and train in resilience. This course touches the internal and external resources and tools necessary for coping with stressful situations and growing stronger after them

: מטרות הקורס

- 1. להציג את מושג החוסן והרלוונטיות שלו במגוון מתארים וזמנים
- 2. לשרטט את השפעת האסון על פרטים, משפחות, קהילות, ארגונים, תשתיות והממשקים בינהם.
 - להעניק לסטודנטים פרספקטיבה רחבה על ניהול חסון של מצבי חירום ואסון לאורך מחזור החיים של המצב

Course oblectives:

- To introduce the concept of resilience and its relevance in various arenas and times.
- To portray the impact of the disaster on individuals, families, communities, organizations, infrastructure and the interfaces between them.
- To provide the students with a broad perspective on the resilient management of disasters and emergency situations over the disaster timeline sequence.

<u>תשומות למידה: ב</u>סיום הקורס הסטודנטים יכירו את מושג החוסן לעומק ויבינו את חלקו בהתמודדות ובניהול מצבי חירום ואסון. הסטודנטים יכירו דרכים להפגת המתח, לתקשור בחירום, ולבניית תכנית מענה בחירום.

Learning outcomes: at the end of this course, students will be familiar with the term resilience and will understand its part in coping and management of disaster situations. Course participants will learn ways to reduce stress, to communicate during and emergency situations and to prepare an emergency response plan.

<u>נהלי נוכחות</u>: קורס מתוקשב, חובת נוכחות בשליש האחרון בכיתה

<u>Attendance:</u> online course, attendance only in the last trimester at BGU אופן ההוראה: קורס מתוקשב, רכיב פרונטלי בסיום הקורס

<u>נקודות זכות</u> :3

4.5 : <u>ECTS</u>

<u>שנה אקדמית</u>: תשעייט <u>סמסטר</u>: מתוקשב/בי

<u>טכוטטו</u>. כוונוק <u>שעות</u>:

: מיקום

<u>שפת הוראה</u>: אנגלית עם כתוביות

<u>תואר</u>: שני

<u>איפיון הקורס</u>: בחירה בתואר שני

ברפואת חירום פתוח לכל.

<u>דיסציפלינה</u> : מוכנות לאסון. מדעי ההתנהגות

ווווננווגוונ

<u>מחלקה אחראית</u>: רפואת חירום

<u>דרישות קדם</u> : אין

<u>מפתח הציונים :</u> ציון מטרי (0-100) <u>שם המרצה</u> : פרופי לימור אהרנסון-

דניאל, פרופי מולי להד מתרגלים: דייר

רובי רוגל וד"ר דימה לייקין, פרטי קשר בניין הפקולטה חדר 101

<u>בר סי קסר</u> בניין הובקו כסודרודה. <u>טלפון במשרד</u>: 08-6472137

limorad@bgu.ac.il : דואייל

שעות קבלה: ימי גי בתיאום מראש

בטלפון 08-6428430 (מיטל וקנין)

<u>הערכת הקורס:</u> בסיומו של הקורס הסטודנטים יעריכו את הקורס על מנת להסיק מסקנות לטובת צרכי

האוניברסיטה.

<u>אישור הקורס</u>: הקורס זכה בקול קורא

של מלייג להפקת MOOC עדכון אחרון:

מטלות הקורס:

צפיה בקורס המתוקשב, מענה על המטלות המשולבות בקורס, קריאה ותרגול. בנוסף בחלק הפרונטלי על הסטודנטים יהיה לפתח ולהציג תכנית מענה לחירום לפי הנלמד בקורס.

<u>Course assignments</u>: take the online course, answer quizzes and assignments, read and practice as instructed. In the Face to fact part at BGU students will be asked to plan and present a response plan based on what was taught in the course.

מטלות חובה להגשה

Quizzes	30%	בחני סיכום קצרים המפוזרים בין הפרקים. מכוונים לכ-3 שאלות בכל תת- פרק המסיים נושא.
problem solving and analysis	10%	פתרון בעיות / ניתוח. מקבלים ניקוד על ביצוע המטלה, לא מודדים את התוכן.
Self Assessment	10%	כתיבה רפלקטיבית - תגובה כתובה קצרה (1-3 פסקאות), נמדדת בהערכת עמיתים. אמצע הקורס.
Assessment	20%	בחנים בסוף כל פרק משמעותי, 10-5 שאלות.
Final Exam	30%	הערכת סוף קורס. מבנה דומה לבחנים, אך ארוך וקשה יותר.

בנוסף בחלק שינתן פיזית באוניברסיטה על הסטודנטים יהיה לפתח ולהציג תכנית מענה לחירום לפי הנלמד בקורס.

course structure and contents detailed below תוכן הקורס מבנה הקורס מפורט במורד

רשימת קריאה: מפורטת במורד

קריאת חובה: מוגדרת ביחידות בהמשך

<u>: קריאת רשות</u>

Ed יהוראה יהיו זמינים לסטודנטים באתר הקורס על פלטפורמת**כל חומרי ההוראה יהיו זמינים לסטודנטים

		ı	I limit A	stom. Issue study.
			Unit 1 Unit 2	story /case study
		definitio	Unit 3	Question to relate to student
	1	ns of	Unit 4	Explaining the course vision & Plan What is resiliance (what hall would you take?)
	•	resilien	Unit 5	What is resilience (what ball would you take?) What is resilience (parrino, griffin, nahoko, galea)
		ce	Unit 6	Your definition of resilience & Word Cloud Activity
			Unit 7	Mooli Lahad summary
			Unit 8	Your goals and expectations: please define 2 objectives you want to achieve
			Office	Todi godio dila expediatione. Piodos dellilo 2 espectivos yed want to delliove
	2	Introdu	Unit 2	origins of term
		ction	Unit 3	The many aspects of resilience
			Unit 6	What is your revised definition of resilience
		Overvie	Unit 1	personal resilience
		w of the importa	Unit 2	upload inspiring image/video
		nce of	Unit 3	adoption to community level
		resilien ce in	Unit 4	Open question: observing your neighborhood\community - what is the most prominent resilience factor?
		the context	Unit 5	adoption to organizational level
	3	of coping and manag ement of disaster situatio	Unit 6	The resilient organization: Identify resilient management or organizational response during disaster situation, and share with the other students (use fb posts, twitter, web articles or links to online videos)
			Unit 1	the scope of disaster situations
		termino	Unit 2	list of events - ask questions
		logy of	Unit 3	DRR frameworks
	4	the field	Unit 4	QUIZ:4 review questions
		of disaster	Unit 5	lifecycle of disaster events
		S	Unit 6	All Hazard approach
			Unit 7	discussion
			Unit 8	Conclusion of lesson 1
the				
effects			Unit 1	The effects of crisis situations of the individual
of crisis			Unit 2	personal question
			Unit 3	ASR

			Unit 4	How to calm: jakobson relaxation https://www.youtube.com/watch?v=t3uK039WdaM
			OTHE T	nttpo://www.youtabo.oom/watom.v=tourtooovvaatvi
			Unit 5	ASD
			Unit 6	Quizz
			Unit 7	PTSD
			Unit 1	Grief and bereavement overview
		Grief	Unit 2	Grief reactions of children
	2	and bereav	Unit 3	Quiz: which reaction is not a child grief reaction
		ement	Unit 4	Grief reactions of adults
			Unit 5	Cultural expressions of grief
			Unit 6	what should helper look into when working with grieving family
		The	Unit 1	Katrina or other
		effects of crisis	Unit 2	Gordons model of community reaction to crisis
	3	situatio	Unit 3	
	3	ns on	Unit 4	Community leadership
		the commu	Unit 5	
		nity	Unit 6	Community Grief
		,	Unit 7	Gordon's model of coping
			Unit 1	damage to infrastructure
		The	Unit 2	personal question
		impact of	Unit 3	water, electricity communication, access
	4	damag	Unit 4	word cloud
		e to infrastr ucture	Unit 5	health systems resilience
			Unit 6	quiz
		5.5155	Unit 7	Displaced population
			Unit 8	Open question
			Unit 1	demonstration animation
		maintai	Unit 2	organizational structure during crisis
		ning	Unit 3	Q
	5	busines s	Unit 4	The importance of preparedness
		continui	Unit 5	Video of roger parrino
		ty	Unit 6	Question to relate to student
			Unit 7	The principle of entropy in organizations (Rodriguez)
			Unit 8	Summary of lesson 2
	6			
PERSO			Unit 1	what helps you cope
NAL			Unit 2	Lazarus Folkman Theories of coping

RESILI			Unit 3	Quiz question: multiple choice
ENCE			Unit 4	Theories of coping Kobasa
AND COPIN			Unit 5	Quiz: True false
G			Unit 6	theories of coping antonovsky
			Unit 7	Brief SOC self assessment
			Unit 8	
		integrat ive	Unit 1	Introduction to BASIC-Ph by Prof. Lahad
		model	Unit 2	Open Discussion: What helps you cope with difficulties
		of	Unit 3	Belief
	2	coping	Unit 4	Q: choose all belief related ways of coping
		and resilien	Unit 5	Affect
		ce -	Unit 6	Q: choose all affect ways of coping
		BASIC	Unit 7	Social
		PH 1	Unit 8	Q: choose all social related ways of coping
				, , , , , , , , , , , , , , , , , , ,
		integrat ive	Unit 1	Imagination
		model	Unit 2	Q: choose all Imagination related ways of coping
		of	Unit 3	Cognition
	3	coping and	Unit 4	Q: choose all Cognition related ways of coping
		resilien	Unit 5	Physical
		ce - BASIC PH 2	Unit 6	Q: choose all Physical related ways of coping
			Unit 7	using the model - summary
		FIIZ	Unit 8	
		BASIC	Unit 1	Parents as enhancers of children's coping
		PH utilized	Unit 2	The BASIC Ph booklet B+A
		in the	Unit 3	Quiz
	4	afterma	Unit 4	The BASIC Ph booklet S+I
		th of a crisis	Unit 5	Quiz
		situatio	Unit 6	The BASIC Ph booklet C+PH
		n	Unit 7	Quiz
			Unit 8	Peer assessment: Building your own kit
		what is		
		my level of		
	5	resilien		
		ce		
			Unit 1	survey
			Unit 2	Interpretation of results
			Unit 3	Elaboration of results: choosing a personal resilience factor and explaining
CONANA	1	Eamily		how it works for them
COMM	1	Family		

UNITY		resilien	Unit 1	Wordcloud: what factors makes family more resilient?
RESILI		се	Unit 2	Theories of family resilience 1
ENCE			Unit 3	QUIZ:4 review questions
			Unit 4	theories of family resilience 2
			Unit 5	QUIZ:4 review questions
			Unit 6	what will make my family more resilient
			Offico	what will make my family more resilient
			Unit 1	Wordcloud: what factors makes the community more resilient?
			Unit 2	Norris (Power-point animation with narration)
		Commu	Unit 3	Quiz
	2	nity resilien	Unit 4	Hobfol
	_	се	Unit 5	Quiz
		models	Unit 6	Cutter
			Unit 7	Quiz
			Unit 8	Summary
			Unit 1	Fill the CCRAM survey
		Commu	Unit 2	(objective subjective Measures of community resilience (Wiki)
		nity resilien	Unit 3	CCRAM intro
	3	се	Unit 4	Leadership factor
		assess	Unit 5	Quiz
		ment	Unit 6	Cohesion & Collective Efficacy
			Unit 7	Quiz
			Unit 1	Preparedness
		Commu	Unit 2	Quiz
	,	resilien	Unit 3	Place attachment
	4	ce	Unit 4	Quiz
		assess	Unit 5	social trust
		ment	Unit 6	Quiz
			Unit 7	Community Analysis using CCRAM
			Unit 1	Who is vulnerable? (wordcloud)
		vulnera	Unit 2	elderly
	5	ble	Unit 3	Quiz
		populati	Unit 4	Deaf and hard of hearing
		ons	Unit 5	Quiz
			Unit 6	at risk populations
			Unit 7	Quiz
		Continu		
	6	Continu ities	Unit 1	What helps people predict that the day before predicts the day after?
		lues	Unit 2	four main continuities

			Unit 3	Quiz: matching continuities
			Unit 4	what happens when they break
			Unit 5	Assessment of continuities
			Unit 6	Bridging Cognitive & Role continuities
			Unit 7	Bridging Social & Historic
			Unit 8	Quiz
			Office	Quiz
			Unit 1	Introduction
		theorie	Unit 2	The Evolutionary Approach and the three processes
		s in	Unit 3	Quiz
	1	organiz	Unit 4	Sustainability
	'	ational resilien	Unit 5	Quiz
		ce	Unit 6	Four dimensions of the resilient organization
			Unit 7	Find a resilient organization
			Unit 8	T ind a resilient organization
			Office	
		Status	Unit 1	Simulation of the need for Common operating picture
		evaluati	Unit 2	Situation picture / Common operating picture
		on	Unit 3	Quiz
	2	includin	Unit 4	Situation Assessment
		g worse case scenari	Unit 5	Quiz
			Unit 6	internal and external resources
ORGA		os		Peer assessment: Simulation exercise and efforts to generate common
NIZATI			Unit 7	operating picture
ONAL		organiz ational respon		
RESILI ENCE			Unit 1	If you were an organization, how would you respond for a terror attack next
LIVOL				to your business (check list)
			Unit 2	Intro
	3	se to emerge	Unit 3	redundancy plans
		ncy	Unit 4	Quiz
		situatio	Unit 5	organizational adaptation during crisis
		ns	Unit 6	Quiz
			Unit 7	Contingency plans
		SOP	Unit 1	Open q: ask the first association tocrisis managmagnet step by step instructions - is it good?
		includin g	Unit 2	Building SOPs
	4	flexibilit	Unit 3	Quiz
		y and adapta bility	Unit 4	
				adhering to guidelines Quiz
			Unit 5	
		la alia!	Unit 6	closure procedures for emergency situations
	5	helping the	Linit 1	Wordsloud activity: How first responders and other professional halpers ass
		uie	Unit 1	Wordcloud activity: How first responders and other professional helpers can

		helpers		suffer from their work?
			Unit 2	Burnout
		Unit 3	Have you ever felt this way?	
			Unit 4	vicarious traumatization
			Unit 5	Quiz
			Unit 6	compassion fatigue
			Unit 7	Quiz
			Unit 8	compassion satisfaction
		Crisis	Unit 1	Risk Communication
		and	Unit 2	Find risk communication messages and post them on forum thread
	1	emerge ncy risk	Unit 3	Crisis Communication
		commu	Unit 4	Find crisis communication messages and post them on forum thread
		nication	Unit 5	Distinguishing features of risk and crisis communication
			Unit 6	Match between features and types of communications
			Unit 1	The role of media during disasters (preparedness, response &recovery)
			Unit 2	find one role of media in disasters and link to source demonstrating this role
		Media	Unit 3	What to expect from the media
	2	and disaster s	Unit 4	If you were a journalist what questions would you ask? Word cloud activity
			Unit 5	How can the media help during an emergency?
CRISIS AND			Unit 6	Pitfalls to avoid when communicating with the media during an emergency (true / false(
THE MEDIA			Unit 7	Media pitfalls collection & alternative approaces (find examples of media pitfalls/insensitivity, and share with in the group) - PEER ASSESMENT
- NEW		Effectiv		
AND		е	Unit 1	Triangle of risk communication (Covello, 2003) & CERC MODEL
OLD		media commu nication during emerge	Unit 2	Quiz
	3		Unit 3	Seven Steps to effective media communication: Steps 1-3
			Unit 4	Quiz
			Unit 5	Seven Steps to effective media communication: Steps 4-7
		ncies	Unit 6	Case study
	4	Effectiv e Messag	Unit 1	Q: what makes an emergency message effective? (submit your answer and generate wordcloud)
			Unit 2	Human information processing during crisis and emergency
			Unit 3	Message design: CCP Template, Primacy/Recency / Rule 27/9/3
			Unit 4	match messages to message principles
		ing	Unit 5	Message design: Average Grade Level minus 5, 1 negative 3 positives, Answers the Question
			Unit 6	match messages to message principles
			Unit 7	Message design: CCP Template, Primacy/Recency / Rule 27/9/3

			Unit 8	match messages to message principles
			Unit 1	Social Media during crisis and emergency
		Social	Unit 2	Quiz
		Media	Unit 3	Importance of social media during crisis
	5	and	Unit 4	Detecting emergency on social media
		Disaste	Unit 5	Social Media best practices for emergency
		r	Unit 6	Identifying resilient social media management during crisis
			Unit 7	
			Unit 8	
			Unit 1	Combining computing and social science knowledge of disasters
			Unit 2	Quiz
		Cricio	Unit 3	Humanitarian Open Street Map
	6	Crisis informa tics	Unit 4	Extracting Information from Disaster Related Messages in Social Media
		lics	Unit 5	Information Classification
			Unit 6	Resilience Detection
			Unit 7	Resilience in crisis information
			Unit 8	
		prepare		
		dness	Unit 1	Why should be prepared?
	1	on the individu	Unit 2	assessment
		al and	Unit 3	bridging gaps
		family level	Unit 4	exercise
			Unit 5	plan
DDEDA				
PREPA REDNE		vulnera	Unit 1	assessment of vulnerable population
SS	2	ble	Unit 2	assessment
TRAINI	_	populati	Unit 3	bridging gaps
NG INTER		ons	Unit 4	exercise
VENTI			Unit 5	plan
ON		school		
AND RECO		and	Unit 1	assessment of vulnerable population
VERY	3	educati onal	Unit 2	assessment
	J	system prepare	Unit 3	bridging gaps
			Unit 4	exercise
		dness	Unit 5	plan
	4	CERT	Unit 1	assessment of vulnerable population
	4		Unit 2	assessment
			Unit 3	bridging gaps

			Unit 4	BUILDING RESPONSE PLANS FOR EMERGENCY SITUATIONS
			Unit 5	plan
			Offic 5	ριαιι
			Unit 1	building surge capacity
		Health	Unit 2	assessment
	5	system prepare	Unit 3	bridging gaps
		dness	Unit 4	exercise
			Unit 5	plan
			Offic 3	ριαιι
		Prepar	Unit 1	writing and maintaining contingency plans
	1	edness	Unit 2	Quiz
	•	and	Unit 3	dissemination of contingency plans
		drills	Unit 4	exercise
			Offic 4	CACTOISC
	2		Unit 1	Maintaining functional continuity
		Moving	Unit 2	Activating SOPs
		from routine to emerge ncy	Unit 3	Activating emergency central control
			Unit 4	Quiz
BUILDI			Unit 5	Inter-agencies collaboration
NG RESPO			Unit 6	Emergency staff own families emergency plans
NSE			Unit 7	exercise
PLANS				5 .0.000
FOR			Unit 1	Managing extended responses
EMER GENC		Prolong	Unit 2	Quiz
Υ		ed	Unit 3	Emergency cycle of response working within the systems requirements
SITUA	3	(extend	Unit 4	Exercise- cycles of activity
TIONS		ed) emerge	Unit 5	Emergency teams in extended situations
		ncy	Unit 6	plan
			Unit 7	Employing volunteers
			Unit 8	1 7 5
		End of	Unit 1	Mapping resources
		emerge ncy situatio	Unit 2	Mapping checklist
	4		Unit 3	Staff debriefing
			Unit 4	Performance assessment
			Unit 5	#NAME?