

Welcome to the PsychONSkills e-platform

The PsychONSkills Open Educational Resources platform

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The PsychONSkills O.E.R. platform

A Guideline

The PsychONSkills O.E.R. platform

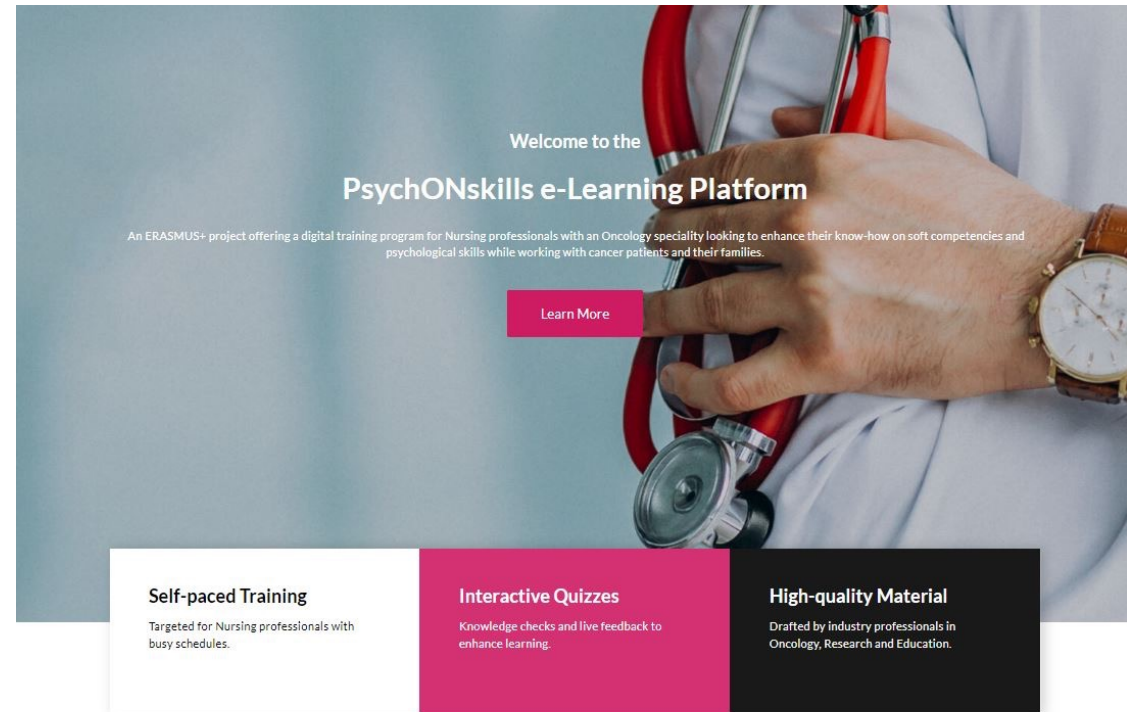
Access the e-learning
platform:

<https://elearning.psychonskills.eu/>

Landing Page: Key features of the learning platform

Home

Navigate the HOME page to review the essential information regarding the project, its goals and the partnership.

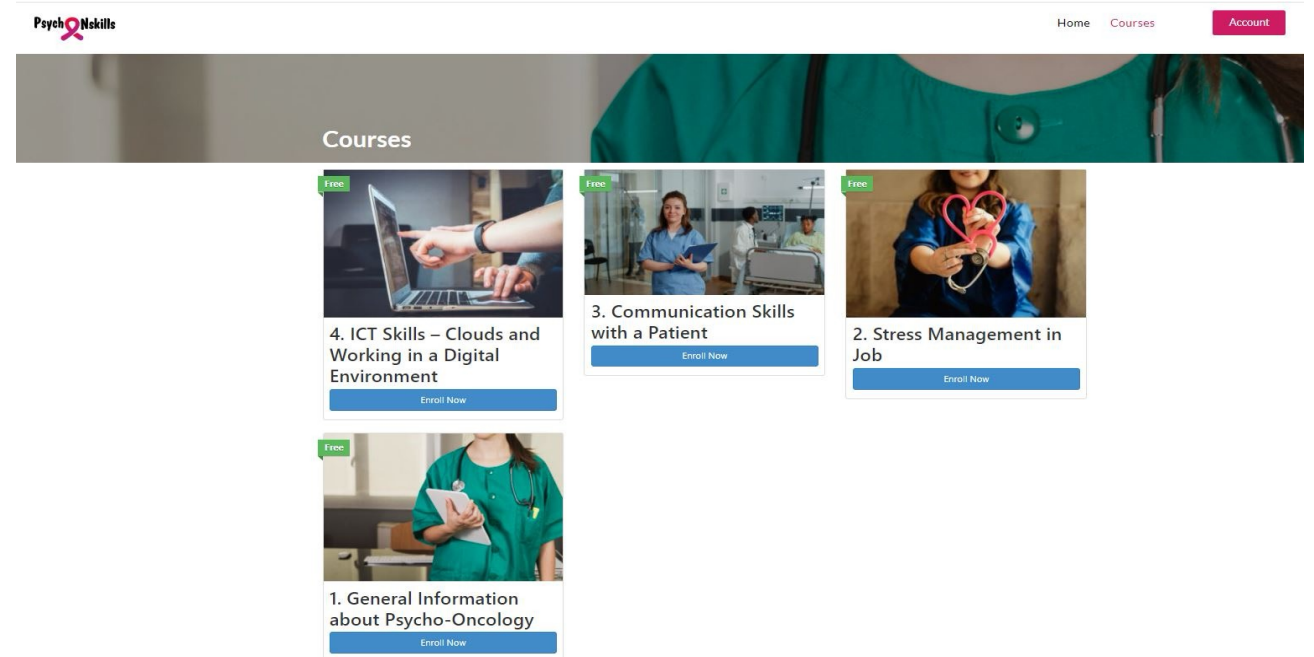


The PsychONSkills O.E.R. platform

Courses

Go through the courses catalogue and enroll in the ones you are interested in.

Select the course of your preference to initiate the learning process



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Once you have selected your course click on “login to Enroll”

You will be prompted to Register an account by filling in a simple Registration form.

Nonetheless, you will be able to review the course content (titles) even without registration.

Once you have registered, the next time you access the platform you will need to simply log in.

2. Stress Management in Job

Current Status: NOT ENROLLED | Price: Free | Get Started: Take this Course

Course Content: Expand All

- 2. Stress Management in Job (4 Topics | 4 Quizzes) Expand

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[Home](#) [Courses](#)

[Account](#)

Registration



Registration successful.

Order Overview

1. General Information about Psycho-Oncology

Price

Free

[Take this Course](#)

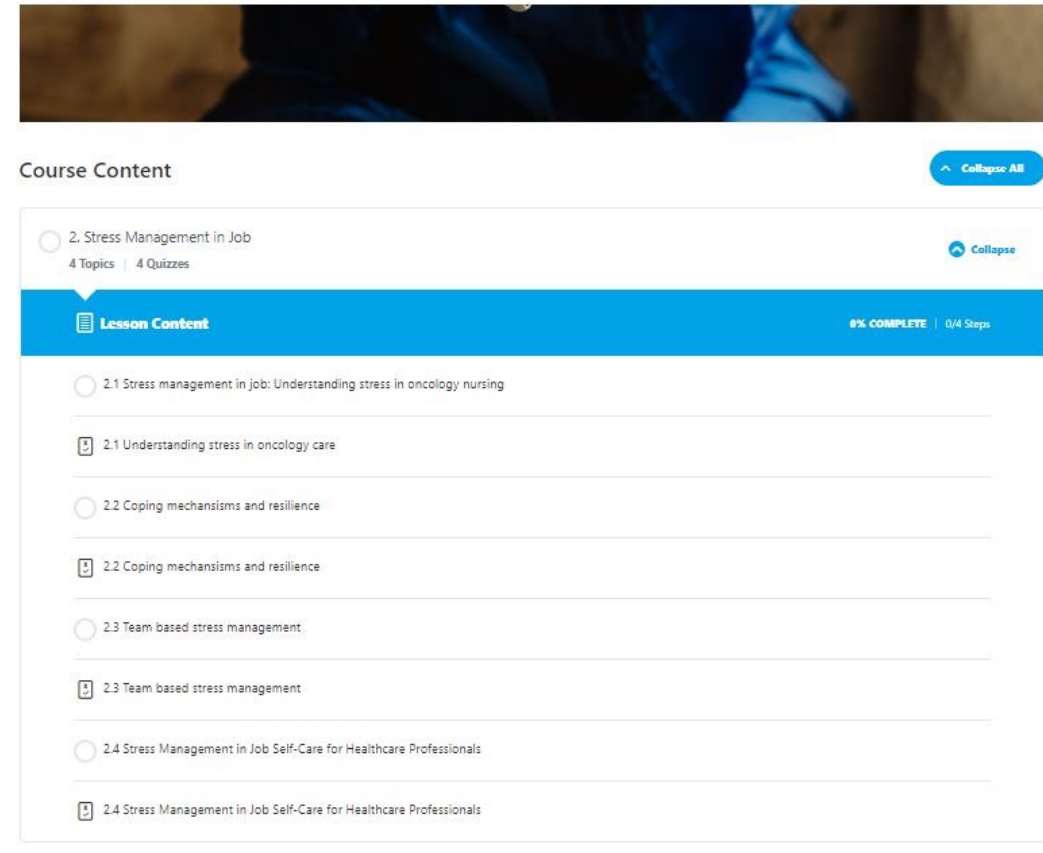
[Return to 1. General Information about Psycho-Oncology](#)

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Course Content

Expand the course content and start with the first lesson in the in the provided list.

When a lesson is followed by a quiz, you will need to take it in order to proceed with the next lesson.



The screenshot shows the 'Course Content' page on the O.E.R. platform. At the top, there is a 'Collapse All' button. Below it, the course title '2. Stress Management in Job' is displayed, along with '4 Topics | 4 Quizzes'. A blue bar indicates 'Lesson Content' and '0% COMPLETE | 0/4 Steps'. The main content area lists the following items:

- 2.1 Stress management in job: Understanding stress in oncology nursing
- 2.1 Understanding stress in oncology care (with a quiz icon)
- 2.2 Coping mechanisms and resilience
- 2.2 Coping mechanisms and resilience (with a quiz icon)
- 2.3 Team based stress management
- 2.3 Team based stress management (with a quiz icon)
- 2.4 Stress Management in Job Self-Care for Healthcare Professionals
- 2.4 Stress Management in Job Self-Care for Healthcare Professionals (with a quiz icon)

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Courses key features

As soon as you have completed the quiz, your answers will be evaluated instantly and the results will be provided on your screen

Note that you can download the pdf files and save them locally at your computer if needed.

2.1 Understanding stress in oncology care

2. Stress Management in Job > 2. Stress Management in Job > 2.1 Stress management in job: Understanding stress in oncology nursing > 2.1 Understanding stress in oncology care

Results

4 of 5 Questions answered correctly

Your time: 00:01:03

You have reached 4 of 5 point(s), (80%)

[View Questions](#)

[Restart Quiz](#)

[Click Here to Continue](#)

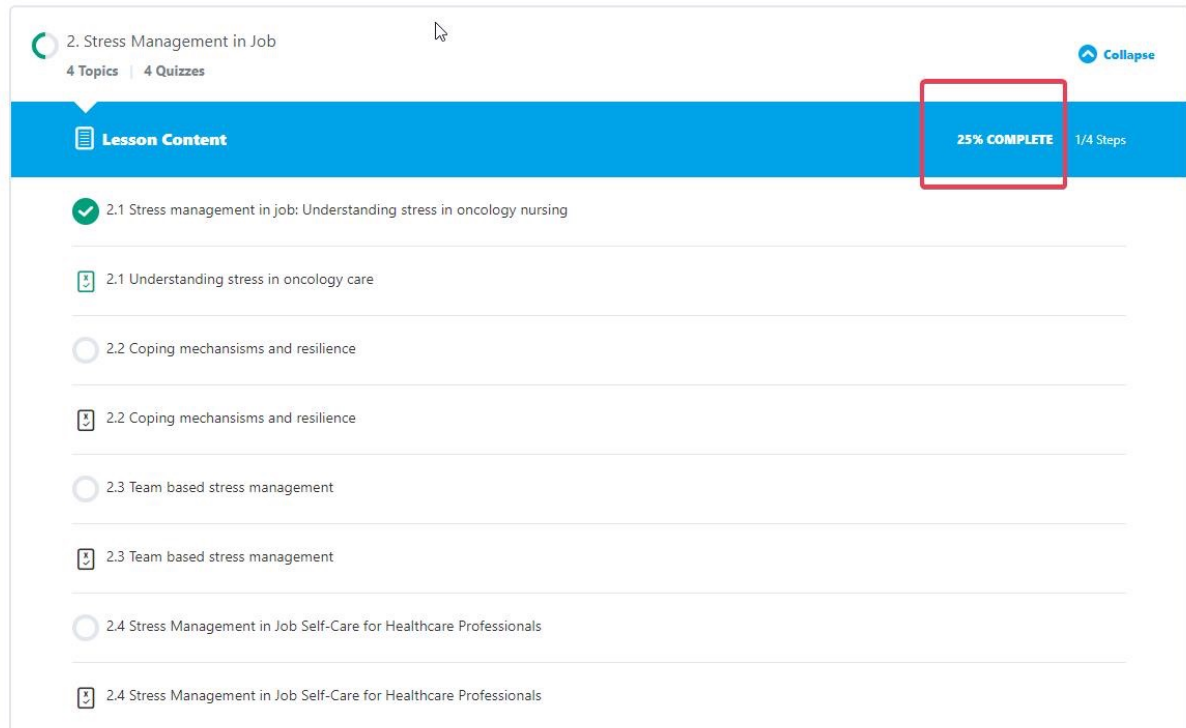
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Courses key features

Note that at any point you will be able to follow your progress on your upper right screen.

Course Content

Expand All



2. Stress Management in Job
4 Topics | 4 Quizzes

Lesson Content

25% COMPLETE 1/4 Steps

- 2.1 Stress management in job: Understanding stress in oncology nursing
 - 2.1 Understanding stress in oncology care
 - 2.2 Coping mechanisms and resilience
 - 2.2 Coping mechanisms and resilience
 - 2.3 Team based stress management
 - 2.3 Team based stress management
 - 2.4 Stress Management in Job Self-Care for Healthcare Professionals
 - 2.4 Stress Management in Job Self-Care for Healthcare Professionals

Good Luck!

