

OSTİM TECHNICAL UNIVERSITY
VOCATIONAL SCHOOL
DEPARTMENT OF COMMON COURSES

SYLLABUS
2025-2026 FALL

| BBM 101 Addiction and Combating with Addiction | | | | | | | |
|--|-------------|----------|--------|-------------|-------------|--------|------|
| Course Name | Course Code | Semester | Theory | Application | Laboratuary | Credit | ECTS |
| Addiction and Combating with Addiction | BBM 101 | 1 | 2 | 20 | 0 | 2 | 2 |

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| Language of the Course | Turkish – English |
| Course Type | Common Course |
| Course Level | Undergraduate and associate degrees |
| Ders Verme Şekli | Online |
| Dersin Öğrenme ve Öğretme Teknikleri | Workshop, Presentation, Research, Feedback, Discussion, Question and Answer, Interview. |

| Aim of the Course |
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| <p>Bu ders, üniversite öğrencilerine insan vücudunda bağımlılık yapan madde ve davranışlar hakkında bilgi aktarımıyla farkındalık kazandırmaya yöneliktir. Bağımlılığın sebepleri, nörobiyolojisi, vücuda etkileri, bağımlılık tipleri (maddesel, davranışsal), kumar, İnternet, oyun, esrar, sigara, alkol, vb. bağımlılıklar, bağımlılıkla mücadele yöntemleri, koruyucu önlemler, bağımlı kişilerle iletişim becerileri ve empati, destek, tedavi ve rehabilitasyon merkezleri, Yeşilay Derneği, Uluslararası Yeşilay Federasyonu, 1-7 Mart Yeşilay Haftası, bağımlı kişilerle röportaj konuları işlenmektedir.</p> |

| Course Outcomes |
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| <p>Students who successfully complete this course will be able to:</p> <ul style="list-style-type: none">* Gain general knowledge about addictions,* Stay away from addictive substances and behaviors and protect themselves,* Be mindful of substance addiction (drugs, tobacco, alcohol) and its effects,* Be aware of behavioral addictions (shopping, gaming, gambling, etc.) and their effects,* Be able to help their relatives or individuals with addictions. |

| Course Content | |
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| The course covers general information about the human brain, the effects of the mechanism called addiction on the body, general information about how addictions begin, types of addiction, and the various harms of addiction. | |

| Weekly Topics and Related Preparatory Studies | | |
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| Week | Topics | Explanation |
| 1 | What is addiction? | Reading from the web site: - yesilay.org.tr |
| 2 | Types of addiction. Substance and behavioral addictions. | Reading from the references and classroom discussions. |
| 3 | Types of addiction. Substance and behavioral addictions. | Reading from resources and classroom discussions. |
| 4 | Independent living. Various harms of addiction. | Providing information about the paths to addiction. What should our personal stance on denial be? |
| 5 | Watching experts' videos. | Let's listen to the voices of medical doctors, nurses, and rehabilitation specialists. Take advantage of the resources on the Green Crescent and Green Crescent Counseling Center (YEDAM) websites. |
| 6 | Announcement of the Midterm Homework (Museum Visit and Report Submission) | Conduct a thorough research on the Green Crescent Association. Report on its domestic and international collaborations, projects, and services. Prepare your report in the required format, enrich it with visuals (and cite the source), and submit it on time. |
| 7 | YEDAM Visit | Address: Ankara – Çankaya 100. Yıl Mahallesi Reşit Galip Caddesi, Gölge Sokak No: 9 |
| 8 | Submission of Midterm Reports | Submission in printed form must be done to the Instructor at the declared time and office. |
| 9 | Gathering information about the activities of other institutions and organizations on the subject. | Addiction courses at other universities, BEMEVA: Addiction Prevention, Fight and Education Foundation, etc. |
| 10 | Debates over alcohol addiction | |
| 11 | Debates over gambling addiction | Gambling and allowing others to gamble are illegal in our country. There's a prison sentence. Everyone who gambles, without exception, loses! |

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| | | Those whose families have been destroyed, those who have lost their homes, those who have divorced, and those who have committed suicide prove this! |
| 12 | Debates over drug addiction. | There are dangerous places! Let us not seek temporary pleasures, let us not be deceived by temporary pleasures and traps. |
| 13 | Debates over tobacco addiction. | Age of starting smoking, environment, reasons, peer pressure, environmental pressure, etc. |
| 14 | Debates over gaming addiction. | Are games beneficial? Or, like everything else, are most of them harmful? Isn't it possible to play games and have fun according to a schedule? We think it is! |
| 15 | Final Homework (Interview and Reporting) (Interviewing an addicted person or someone who has overcome their addiction and reporting the questions and answers) | Conduct an interview with someone you know or are about to meet, without revealing any personal information (only stating their age and gender). You can ask them questions such as the following or similar: How long have you been addicted? Where, when, and how did you first start using this substance or behavior? How did the process progress over time? How did your use increase? Have you ever tried to quit? What advice would you give to your children, friends, or young people? Are you familiar with YEDAM? Have you ever called 115 to get information? Have you received support during the quitting process? Who did you receive support from, and how? |

References (Course Book and Companion Books)

Author, Publisher, Publishing Year

Editörler: Makbule BATMAZ, Havva Gezgin YAZICI, BAĞIMLILIK – Madde ve Davranış Bağımlılıklarıyla Baş Etme, Akademisyen Kitabevi, 2023, Ankara (in Turkish).

[Breaking The Spirit Of Addiction: Jones, Sam, 2007.](#)

[Healing Addiction. An Integrated Pharmacopsychosocial Approach to Treatment
Oluşturan: Peter R. Martin, Bennett Alan Weinberg, Bonnie K. Bealer · 2007](#)

| Evaluation | | |
|--|---------------|----------------|
| Practices | Number | Percent |
| Attendance | | |
| Laboratory | | |
| Applications | | |
| Area Work | | |
| Stage | | |
| Quizzes/Studios | | |
| Homework | 2 | %60 |
| Presentation | | |
| Projects | | |
| Rapor | 2 | %40 |
| Seminar | | |
| Midterm Exam/Mid Jury | 1 | % 40 |
| Final Exam/Final Jury | 1 | % 60 |
| | Total | % 100 |
| Contribution of Mid-Term Work to Success Grade | | % 40 |
| Contribution of End-of-Term Work to Success Grade | | % 60 |
| | Total | % 100 |

| Category of the Course | |
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| Core Vocational Courses | |
| Specialty/Field Courses | |
| Support Courses | x |
| Communication and Management Skills Courses | x |
| Transferable Skills Courses | |

| Relationship between Course Learning Outcomes and Program Competencies | | | | | | |
|---|---|---------------------------|----------|----------|----------|----------|
| No | Program Competencies / Outcomes Contribution Level | Contribution Level | | | | |
| | | 1 | 2 | 3 | 4 | 5 |
| 1 | Awareness of "Self-Knowledge" is increased. Learning how to protect one's strengths and how to develop aspects that need improvement is planned with a goal in mind. | | | | x | |
| 2 | To raise awareness about the functions of a business in order to determine the department in which one wants to work. | | | | | |
| 3 | To meet and learn about Turkish scientists, Turkish literature and Turkish classical music artists who have contributed to science and technology throughout history. | | | | | |
| 4 | Evaluate and implement the dynamics of the flexible and evolving associate degree field by placing them within the framework of fundamental and current practices. | | x | | | |
| 5 | Solve complex problems in business and practice, using analytical and independent thinking skills and synthesis skills, based on versatility, and foster a proactive perspective. | | x | | | |
| 6 | To develop professional competence and keep one's equipment current by following changes and innovations in the associate degree field. | | | | | |
| 7 | To possess the ability to interpret, question, and apply the information acquired throughout the course within the current associate degree context. | | | x | | |
| 8 | To take responsibility and have organizational skills to produce flexible, | | x | | | |

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| | effective and fast solutions to existing and potential problems with an innovative approach by coordinating associate degree applications. | | | | |
| 9 | Must possess sufficient knowledge to communicate effectively in the field of study pursuing an associate's degree, and possess mastery of important aspects of education and professional life, such as public speaking, presentation skills, body language, leadership, and image. | | | x | |
| 10 | Must be individuals with developed social and intellectual capacity, vision, high ethical values, and the ability to adapt to teamwork. | | | x | |
| 11 | To learn that they need to determine their own vision, mission and values in order to create an individual action plan, and to ensure that a Professional Development Action plan is prepared. | | | x | |
| 12 | When and how do you make a career plan? What are the ways to get to know yourself? With the awareness gained during the preparation process for professional life, you'll gain an awareness of how to create your own future, in addition to the resume expected in interviews. | | | | |
| 13 | Learning how to use the models they've learned about researching topics in a field using different techniques and how to prepare. | | | | x |

| ECTS / | | | |
|---|-----------------------|------------------------|------------------------|
| Activities | Number | Duration (Hour) | Total Work Load |
| Lecture hours (Exam week is included: 16 x total lecture hours) | 16 | 2 | 32 |
| Laboratory | | | |
| Application Stage | | | |
| Field Work | | | |
| Study Time Outside of Class | 16 | 1 | 16 |
| Presentation/ Seminar | | | |
| Projects | | | |
| Reports | | | |
| Homeworks | | | |
| Quizzes | | | |
| Preparation Time for Midterm Homework | 1 | 5 | 5 |
| Preparation Time for Final Homework | 1 | 5 | 5 |
| Total Work Load | (58/30 = 1.93) | | 58 |