DESCRIPTION OF THE COURSE OF STUDY

Course code		0912-7LEK-A10.10-PRO
Name of the course in	Polish	**Psychologia rozwoju osobistego**
	English	**Psychology of personal development**

1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

1.1. Field of study	**Medicine**
1.2. Mode of study	**Full-time**
1.3. Level of study	**Uniform Master's studies**
1.4. Profile of study*	**General academic**
1.5. Person preparing the course description	**Mgr Karolina Kulikowska**
1.6. Contact	

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1. Language of instruction	**English**
2.2. Prerequisites*	**----------------**

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes	**Classes- 30h**	
3.2. Place of classes	**Courses in the teaching rooms of UJK**	
3.3. Form of assessment	Project (c) – prepare a thorough personal and professional development plan, using tools, techniques and theories discussed in class	
3.4. Teaching methods	Classes Multiple Discussion (group), Activating Learning-Case Studies, Simulation Method Project Work.	
3.5. Bibliography	**Required reading**	**"Handbook of Personality Third Edition Theory and Research" Edited by O. John, R. Robins and L.Pervin**
	Further reading	**"Mindshift: Break Through Obstacles to Learning and Discover Your Hidden Potential" B. Oakley** **"How To Win Friends and Influence People" D. Carnegie**

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED TEACHING OUTCOMES

4.1. Course objectives (classes)

C1-WC (knowledge)- Introduces the underlying theories and current scientific research about personal development psychology. Also shows the scope of tools, techniques and skills needed for personal growth and how to prepare effective personal development plans.

C2-UC (abilities) - Facilitates application of tools and techniques to maximize personal development potential and can prepare effective personal development plan.

4.2. Detailed syllabus *(including form of classes)*

1. Familiarization with the syllabus and the subject requirements in connection with the explanation of the project. What is personal development, theory – A. Adler, C.G. Jung, E. Erikson (psychosocial theory), J.

Piaget (stages of cognitive development), L. Kohlberg (theory of moral development), A. Maslow, A. Bandura, M. Seligman and others.

2. The newest research and data about what we know about how personality is created and how much it is determined by biology and how much by the environment we live in; how we can use that knowledge in personal development.

3. Different techniques, tools and skills for understanding our personality and accordingly unlocking personal potential.

4. Demonstration and assessment of projects prepared by the students (project method)

4.3. Education outcomes in the discipline

Code	A student, who passed the course	Relation to teaching outcomes
	within the scope of **KNOWLEDGE**, the graduate knows and understands:	
W01	the social dimension of health and disease, the impact of the social environment (family, networks of social relationships) and social inequality on health and socio-cultural differences and the role of social stress in health and self-destructive behaviour	D.W1.
	within the scope of **ABILITIES**, the graduate knows how to:	
U01	apply psychological interventions, motivational and supporting	D.U11

4.4. Methods of assessment of the intended teaching outcomes

Teaching outcomes *(code)*	Exam oral/written*			Test*			Project*			Effort in class*			Self-study*			Group work*			Others*		
	Form of classes			*Form of classes*			*Form of classes*			*Form of classes*			*Form of classes*			*Form of classes*			*Form of classes*		
	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	.. .
W01							+				+										
U01							+				+										

delete as appropriate

4.5. Criteria of assessment of the intended teaching outcomes

Form of classes	Grade	Criterion of assessment
(classes)* C	3	Project - Demonstrates knowledge of the basic principles and their uses, and demonstrates both enough ability and willingness to use this knowledge for a minimally passing grade 61%-68%
	3,5	Project - Knows and understands some concepts, and shows willingness and basic understanding of its use 69%-76%
	4	Project - Knows the material and shows promise of using this knowledge satisfactorily in the future 77%-84%
	4,5	Project - Knows and understands the material and demonstrates a working ability to use this knowledge 85%-92%

	5	Project - Knows, understands, and shows thorough comprehension of the material and has excellent abilities 93%-100%

☐ **Thresholds are valid from 2018/ 2019 academic year**

5. BALANCE OF ECTS CREDITS – STUDENT'S WORK INPUT

Category	Student's workload
	Full-time studies
NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/	**25**
*Participation in lectures**	
*Participation in classes, seminars, laboratories**	**25**
*Preparation in the exam/ final test**	
*Others**	
INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/	**25**
*Preparation for the lecture**	
*Preparation for the classes, seminars, laboratories**	**25**
*Preparation for the exam/test**	
*Gathering materials for the project/Internet query**	
Preparation of multimedia presentation	
*Others**	
TOTAL NUMBER OF HOURS	**50**
ECTS credits for the course of study	**2**

*delete as appropriate

Accepted for execution (date and signatures of the teachers running the course in the given academic year)

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