# DESCRIPTION OF THE COURSE OF STUDY

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| **Course code** |  | **0912-7LEK-A10.9-PPD** |
| **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

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| **1.1. Field of study** | **Medicine** |
| **1.2. Mode of study** | **Full-time** |
| **1.3. Level of study** | **Uniform Master’sstudies** |
| **1.4. Profile of study\***  | **General academic** |
| **1.5. Personpreparing the coursedescription** | **Mgr Karolina Kulikowska** |
| **1.6. Contact** |  |

## 2.GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

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

## 3.DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

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| **3.1.Form of classes** | **Classes-25h(including e-learning)** |
| **3.2.Place of classes** | **Courses in the teachingrooms of UJK**  |
| **3.3.Form of assessment** | Project (c) – prepare a thoroughpersonal and professional development plan, usingtools, techniques and theoriesdiscussed in class |
| **3.4.Teachingmethods** | ClassesMultipleDiscussion (group), Activating Learning-Case Studies, Simulation Method Project Work. |
| **3.5.Bibliography** | **Requiredreading** | **“Handbook of Personality Third Edition Theory and Research”** **Edited by O. John, R. Robins and L.Pervin** |
| **Furtherreading** | **“Mindshift: Break Through Obstacles to Learning and DiscoverYourHiddenPotential” 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 underlyingtheories and currentscientificresearchaboutpersonal development psychology. Alsoshows the scope of tools, techniques and skillsneeded for personalgrowth and how to prepareeffectivepersonal development plans.

#### C2-UC (abilities) - Facilitatesapplication of tools and techniques to maximizepersonal development potential and canprepareeffectivepersonal development plan.

#### 4.2.Detailedsyllabus(including form of classes)

1. Familiarization with the syllabus and the subjectrequirements in connection with the explanation of the project. Whatispersonal development, theory – A. Adler, C.G. Jung, E. Erikson (psychosocialtheory), J. Piaget (stages of cognitive development), L. Kohlberg (theory of moral development), A. Maslow, A. Bandura, M. Seligman and others.
2. The newestresearch and data aboutwhat we knowabouthowpersonalityiscreated and how much itisdetermined by biology and how much by the environment we live in; how we canusethatknowledge in personal development.
3. Differenttechniques, tools and skills for understandingourpersonality and accordinglyunlockingpersonalpotential.
4. Demonstration and assessment of projectsprepared by the students (projectmethod)

### 4.3. Educationoutcomes in the discipline

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| **Code** | **A student, whopassed the course** | **Relation to teachingoutcomes** |
|  | within the scope of **KNOWLEDGE**, the graduateknows and understands:  |
| W01  | the socialdimension of health and disease, the impact of the social environment (family, networks of socialrelationships) and socialinequality on health and socio-culturaldifferences and the role of socialstress in health and self-destructivebehaviour | D.W1.  |
|  | within the scope of **ABILITIES**, the graduateknowshow to**:** |
| U01  | applypsychologicalinterventions, motivational and supporting | D.U11 |
|  | within the scope of **SOCIAL COMPETENCE**, the graduate is able to: |  |
| K01 | recognize his/her own limitations and self-evaluate educational deficiencies and needs; | H.S5 |
| K02 | use reliable information sources; | H.S7 |
| K03 | take responsibility for own decisions made during professional activities including own safety and safety of other people; | H.S11 |

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| **4.4.Methods of assessment of the intendedteachingoutcomes** |  |  |
| **Teachingoutcomes*****(code)*** | **Method of assessment (+/-)** |  |  |
| **Exam****oral/written\***  | **Test\***  | **Project\***  | **Effort in class\***  | **Self-study\***  | **Group****work\***  | **Others\*****Observation**  |
| ***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  |  |  |  |  |  |  |  | ***+***  |  |  |  |  |  |  |  |  |  |  |  |  |
| K01-K03 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | + |  |

***\*delete as appropriate***

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| **4.5.Criteria of assessment of the intendedteachingoutcomes** |
| **Form of classes** | **Grade**  | **Criterion of assessment** |
| **classes****(****)\*****C** | **3**  | Project - Demonstratesknowledge of the basicprinciples and theiruses, and demonstratesbothenoughability and willingness to usethisknowledge for a minimallypassinggrade 61%-68%  |
| **3,5** | Project - Knows and understandssomeconcepts, and showswillingness and basicunderstanding of itsuse69%-76%  |
| **4** | Project - Knows the material and showspromise of usingthisknowledgesatisfactorily in the future 77%-84%  |
| **4,5** | Project - Knows and understands the material and demonstrates a workingability to usethisknowledge 85%-92%  |
| **5**  | Project - Knows, understands, and showsthoroughcomprehension of the material and hasexcellentabilities 93%-100%  |

 [Thresholds](https://pl.bab.la/slownik/angielski-polski/thresholds)arevalid from 2018/ 2019 academicyear

**5.BALANCE OF ECTS CREDITS – STUDENT’S WORK INPUT**

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| --- | --- |
| **Category** | **Student'sworkload** |
| **Full-timestudies** |
| *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 teachersrunning the course in the givenacademic*

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