**description of the course of study**

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| **Course code** | **0912.4.LEK.A.MS** |
| **Name of the course in** | Polish | **Metody wsparcia w procesie uczenia się** |
| English | **Methods of learning support** |

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’s studies |
| **1.4. Profile of study\*** | General academic |
| **1.5. Person preparing the course description** | Mgr Laura Osęka |
| **1.6. Contact** | laura.oseka@ujk.edu.pl |

1. **General characteristicS of the course of study**

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

1. **DETAILED CHARACTERISTICS OF THE COURSE OF STUDY**

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| * 1. **Form of classes**
 | Classes- 30h **(**including e-learning-10h) |
| * 1. **Place of classes**
 | Courses in the teaching rooms of UJK |
| * 1. **Form of assessment**
 | Short tests + Project (c) –prepare the project about present style of learning, analyze pros and cons of it and prepare a plan on how to improve learning skills and habits  |
| * 1. **Teaching methods**
 | ClassesMultiple Discussion (group), Activating Learning-Case Studies, Simulation MethodProject Work. |
| * 1. **Bibliography**
 | **Required reading** | **“A Mind For Numbers: How to Excel at Math and Science (Even If You Flunked Algebra)” B. Oakley** |
|  **Further reading** | **“Art of Learning” J. Waitskinz** |

1. **Objectives, syllabus CONTENT and intended teaching outcomes**

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| * 1. **Course objectives *(classes)***

***C1-WC (knowledge)-*** Introduces the current scientific knowledge about how our brains learn, how it encapsulates and process the information, and why we procrastinate. Also introduces tools and techniques needed to achieve best learning effects.***C2-UC (abilities) -*** Facilitates application of tools and techniques to maximize learning potential.  |
| * 1. **Detailed syllabus *(classes)***

***1.*** Familiarization with the syllabus and the subject requirements in connection with the explanation of the project. What is learning, the newest research and data.2. Explanation of two different learning modes the brain uses and how it encapsulates the information.3. Why do we procrastinate and how to deal with it, also how procrastination influences our memory.4. Techniques and skills for unlocking learning potential.5. Demonstration and assessment of projects prepared by the students (project method) |

**4.3. Education outcomes in the discipline**

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| **Code** | **A student, who passed the course** | **Relation to teaching****outcomes** |
| within the scope of **knowledge**, the graduate knows and understands: |
| W01 |  The psycho-physical development of a person from birth to death, including the specifics of physical, emotional, cognitive, and social development; | D.W1. |
| W02 | Human behaviors that promote health and the principles of motivating patients towards health-promoting behaviors (Prochaska and DiClemente's change model, motivational interviewing); | D.W3. |
| within the scope of **ABILITIES**, the graduate knows how to: |
| U01 | Demonstrate responsibility for improving one’s qualifications and sharing knowledge with others; | D.U4. |

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| within the scope of **SOCIAL COMPETENCE**, the graduate is able to: |
| K01 | recognize his/her own limitations and self-evaluate educational deficiencies and needs; | K.S5. |
| K02 | use reliable information sources; | K.S7. |
| K03 | take responsibility for own decisions made during professional activities including own safety and safety of other people; | K.S11. |

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| * 1. **Methods of assessment of the intended teaching outcomes**
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| **Teaching** **outcomes*****(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 |  |  |  |  |  |  |  | ***+*** |  |  | ***+*** |  |  |  |  |  |  |  |  |  |  |
| W02 |  |  |  |  |  |  |  | ***+*** |  |  | ***+*** |  |  |  |  |  |  |  |  |  |  |
| U01 |  |  |  |  |  |  |  | ***+*** |  |  | ***+*** |  |  |  |  |  |  |  |  |  |  |
| K01-K03 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ***+*** |  |

***\*delete as appropriate***

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| * 1. **Criteria of assessment of the intended teaching outcomes**
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| **Form of classes** | **Grade** | **Criterion of assessment** |
| **classes (C)\*** | **3** | 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** | Knows and understands some concepts, and shows willingness and basic understanding of its use 69%-76% |
| **4** | Knows the material and shows promise of using this knowledge satisfactorily in the future 77%-84% |
| **4,5** | Knows and understands the material and demonstrates a working ability to use this knowledge 85%-92% |
| **5** | Knows, understands, and shows thorough comprehension of the material and has excellent abilities 93%-100% |

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

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| **Category** | **Student's workload** |
| **Full-time****studies** |
| *NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/* | **30** |
| *Participation in lectures\** |  |
| *Participation in classes, seminars, laboratories\** | **30** |
| *Preparation in the exam/ final test\** |  |
| *Others\** |  |
| *INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/* | **20** |
| *Preparation for the lecture\** |  |
| *Preparation for the classes, seminars, laboratories\** | **20** |
| *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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