

## DESCRIPTION OF THE COURSE OF STUDY

Item code	0312.4.SM1. A11. MWU	
Item name in language	Polish	<i>Metody wspomagania uczenia się</i> <i>Learning support strategies</i>
	English	

## 1. LOCATION OF THE SUBJECT IN THE STUDY SYSTEM

1.1. Field of study	International relations
1.2. Form of study	Stationary/Non-Campus
1.3. Level of study	First degree
1.4. Study profile*	general academic
1.5. Person preparing the item card	Dr Maryana Prokop
1.6. Contact	ismipp@ujk.edu.pl

## 2. GENERAL CHARACTERISTICS OF THE ITEM

2.1. Language of instruction	Polish
2.2. Prerequisites*	Lack

## 3. DETAILED CHARACTERISTICS OF THE ITEM

3.1. Form of classes	Lecture	
3.2. Place of the class	Classes in the teaching rooms of the University	
3.3. Form of passing classes	Credit with grade (written colloquium)	
3.4. Teaching methods	Lecture, discussion, narration, polemic	
3.5. Bibliography	<b>Basic</b>	R. Pernille, <i>Learning (Passionately): How to Make Learning (A) a Fascinating Journey</i> , Słupsk 2017. T. Buzan, <i>Memory on Call. Memory Methods and Techniques</i> , trans. Marek Szurawski, Łódź 2005. K. Wiczorek, <i>The Art of Personal Development</i> , Kraków 2019. <i>Education for Life Success: Choice or Necessity</i> , ed. T. Łączek, Kielce 2017. D. Amen, <i>Take care of your brain</i> , Poznań 2019 A. Burbowiczki, <i>Memory Techniques for Everyone</i> , Gliwice 2006, <a href="http://www.bibliotekacyfrowa.pl/Content/26993/Techniki_pamieciowe_-_darmowy_fragment.pdf">http://www.bibliotekacyfrowa.pl/Content/26993/Techniki_pamieciowe_-_darmowy_fragment.pdf</a> S. Palvina, <i>Personal Development of a Rational Man</i> , Warsaw 2010. J. Maxwell, <i>Everyone Communicates, Few Can Communicate: Secrets of Communication Techniques of Successful People</i> , Warsaw 2017. J. Korzeniewska, <i>Motivation without shortness of breath: how to overcome adversity and achieve goals in harmony with oneself</i> , Gliwice 2020.
	<b>Supplementary</b>	I. Svantesson, <i>Maps of Memory and Memory Techniques</i> , trans. Joanna Janas, Gliwice 2004. J. Terelak, <i>Psychology of Organization and Management</i> , Warsaw 2005. J. Bemis, <i>Overcoming Fears and Phobias: How to Deal with Anxiety and Panic Attacks</i> , Gdańsk 2019 <i>Life success - individual value or a given construct of postmodernity?</i> Ed. T. Łączek, Kielce 2019. T. Łączek, <i>Determinants of the Life Success of Youth</i> , Kielce 2019. M. Zdaniewicz, <i>Managing free time in the conditions of contemporary civilization</i> , Zielona Góra 2016. M. Prokop, <i>Redefinition of the category of enterprise development: theoretical and methodological approach (selected aspects)</i> , Studies and Materials. Miscellanea Oeconomicae" 2018 R. 22 No. 3, vol. 2. E. Hoque, <i>Memorization: A Proven Method of Learning</i> , "International Journal of Applied Research" 2018, Vol.22, pp142-150, <a href="https://www.researchgate.net/publication/330825027_Memorization_A_Proven_Method_of_Learning">https://www.researchgate.net/publication/330825027_Memorization_A_Proven_Method_of_Learning</a> . K. Cotha, <i>Learn, Learning And Self-Development</i> , "International journal of scientific & technology research" 2020, VOL. 9, ISSUE 01, <a href="http://www.ijstr.org/final-print/jan2020/Learning-And-Self-development.pdf">http://www.ijstr.org/final-print/jan2020/Learning-And-Self-development.pdf</a>

## 4. LEARNING OBJECTIVES, CONTENT AND OUTCOMES

4.1. Course objectives (including the form of classes)
<b>Lectures</b>
C1. Familiarizing students with learning methods and techniques and techniques for searching for knowledge and information.
C2. Equipping students with the ability to use the acquired theoretical knowledge for more effective learning and managing the time allocated for studying.
C3. Equipping students with the ability to design the path of their own scientific and professional development.
C4. Developing the ability of students to work in a team, clearly argue their views and discuss with opponents.tag.

#### 4.2. Curriculum content (including the form of classes)

##### Lectures

1. *Introduction.*
2. *Organization of the learning process. How to get started? Time management and the effectiveness of the learning process.*
3. *Learning styles. Methods and techniques of supporting learning.*
4. *How to obtain knowledge and information? Selection and selection of sources.*
5. *Memory techniques in the learning process. Mnemonics (chain method of associations, digital-letter system).*
6. *Other tools in the learning process (graphic notes, keywords, mind maps).*
7. *How to collaborate and communicate in a group?*
8. *The ability to create arguments and express one's own opinions.*
9. *Motivation in the learning process. Designing the path of one's own development.*
10. *Audiovisual tools in the learning process.*

#### 4.3. Subject learning outcomes

Effect	A student who has passed the course	Reference to directional learning outcomes
in the field of <b>KNOWLEDGE:</b>		
W01	The student knows in depth and comprehensively the methods and terminology in the area of self-education and understands its application, including the techniques of acquiring knowledge and source information, specific to the social sciences.	SM1A_W11
W02	The student has theoretical knowledge and is able to use in practice the knowledge of traditional and mnemonic learning techniques, traditional and modern techniques of note-taking.	SM1A_W11
in the field of <b>SKILLS:</b>		
U01	The student is able to effectively and comprehensively use the theoretical knowledge and recognized methods of self-education to increase the effectiveness of information acquisition and more effective demand over time. He/she is prepared to cooperate with other people as part of team projects, and if necessary, he/she is able to direct the work of the team and play a leading role in planning and directing selected forms of activity.	SM1A_U01
U02	He/she is able to express his/her speech and writing in a coherent and precise manner on topics related to the process of self-education. He/she has the ability to formulate critical opinions about phenomena on the basis of scientific knowledge. He/she is able to use selected learning techniques in the teaching process and preparation for credits and exams.	SM1A_U07
U03	He is characterized by the ability to purposefully and thoughtfully plan his own scientific and professional development. He can use mnemonics.	SM1A_U07
in the field of <b>SOCIAL COMPETENCES:</b>		
K01	The student is prepared for effective and creative work in a team, he is aware of his role in the professional group. He/she has the ability to assume specific social roles and is open to new forms of social communication. He/she is involved in the exchange of views with other members of the group, is able to critically refer to the statements of peers and accept the comments of others on his/her own project on the basis of polemics.	SM1A_K01
K02	He/she has the ability to independently and consistently supplement his/her knowledge and professional experience.	SM1A_K05

#### 4.4. Ways to verify the achievement of the learning outcomes in question

Objective effects (symbol)	Verification method (+/-)																							
	Oral/written exam*			Colloquium*			Project*			Activity in class*			Own work*			Group work*			Other (what?)* For example, a test... Used in e-learning					
	Form of classes			Form of classes			Form of classes			Form of classes			Form of classes			Form of classes			Form of classes					
	W	C	...	W	C	...	W	C	...	W	C	...	W	C	...	W	C	...	W	C	...	W	C	...
W01				x																				
W02				x																				
U01				x																				
U02				x						x														
U03				x																				
K01										x														
K02										x														

\*unnecessary delete

4.5. Criteria for assessing the degree of achievement of learning outcomes		
Form of classes	Rating	Evaluation criterion
lecture (W) (including e-learning)	3	The student has mastered at a sufficient level knowledge of methods and techniques of supporting learning. He is able to apply them in practice. He obtained a result in the written colloquium of 50-60%.
	3,5	The student has mastered at a sufficient level knowledge of methods and techniques of supporting learning. He is able to apply them in practice, he was slightly involved in activity in classes. He obtained a result in the written colloquium of 61-70%.
	4	The student has mastered at a good level the knowledge of methods and techniques of supporting learning. He is able to apply them in practice. The student participates in classes in a moderate way, presents opinions and views, and joins discussions with other participants in the classes. He obtained a result in the written colloquium 71-80%.
	4,5	The student has mastered at a very good level the knowledge of methods and techniques of supporting learning. He is able to apply them in practice. He actively participates in classes, presenting the acquired knowledge and joins discussions with other participants of the classes. He obtained a result in the written colloquium of 81-90%.
	5	The student has mastered knowledge of methods and techniques of supporting learning at an excellent level. He is able to apply them in practice. He/she participates very actively in classes, presenting the acquired knowledge and joining discussions with other participants of the classes, has analytical skills and formulating critical opinions about phenomena based on the acquired scientific knowledge. He obtained a score of 91-100% in the written colloquium.

#### 1. ECTS CREDITS BALANCE – STUDENT WORKLOAD

Category	Student workload	
	Full-time studies	Part-time studies
<i>NUMBER OF HOURS CARRIED OUT WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</i>	30	15
<i>Participation in lectures*</i>	30	15
<i>Participation in exercises, seminars, laboratories*</i>		
<i>Participation in the exam/final colloquium*</i>		
<i>Other (please indicate which ones? e.g. e-learning )*</i>		
<i>INDEPENDENT WORK OF THE STUDENT /NON-CONTACT HOURS/</i>	20	35
<i>Lecture preparation*</i>	5	15
<i>Preparation for exercises, seminar, laboratory*</i>		
<i>Exam preparation/colloquium*</i>	15	20
<i>Collection of materials for the project, web query*</i>		
<i>Developing a multimedia presentation*</i>		
<i>Other (what?)*</i>		
<b>TOTAL NUMBER OF HOURS</b>	50	50
<b>ECTS CREDITS per course</b>	2	2

\*unnecessary delete

**I accept for implementation** (date and legible signatures of the subjects teaching the course in a given academic year)