

DESCRIPTION OF THE COURSE OF STUDY

Item code	0312.4.SM1.A12.PRO	
Item name in language	Polish	<i>Psychologia rozwoju osobistego</i> <i>Psychology of personal development</i>
	English	

1. LOCATION OF THE SUBJECT IN THE STUDY SYSTEM

1.1. Field of study	International Relations
1.2. Form of study	full-time/part-time studies
1.3. Level of study	first-cycle bachelor's studies
1.4. Study profile*	general academic
1.5. Person preparing the item card	Rafał Dudała, PhD, DSc, Associate Professor, Jagiellonian University
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 classes	UJK didactic rooms	
3.3. Form of passing classes	Passing with grade – colloquium (written form)	
3.4. Teaching methods	lecture, guided conversation, presentation	
3.5. List literature	Basic	D. Becker-Pestka, J. Kołodziej, K. Pujer, <i>Personal and Professional Development. Selected Problems of Theory and Practice</i> (2017); C. Ingham, <i>Self-motivation in 101 Ways; 12 factors of personal development</i> (2024); B. Newman, P. Newman, <i>Theories of Human Development</i> (2024)
	Supplementary	A. Furnham, <i>Psychology. 101 concepts that shape our world</i> (2023); A. Brzezińska, B. Ziółkowska, K. Appelt, <i>Psychology of Human Development</i> (2015); T. Licak, <i>Intrapersonal Communication – A Path to Self-Realization</i> (2018); R. Cialdini, <i>Influencing People. The Psychology of Persuasion</i> (2023)

4. LEARNING OBJECTIVES, CONTENT AND OUTCOMES

4.1. Course objectives (including the form of classes) Lecture: C1. Knowledge of basic concepts in the field of developmental psychology. C2. Ability to make connections
4.2. Curriculum content (taking into account the form of classes) Lectures: Positive psychology, health psychology and psychology of personal development in the light of theory – definition, platform concepts. Psychological theories of stress – proactive ways of coping with stress. The philosophy of assertiveness. Theoretical foundations of interpersonal communication and group psychology. Theories of mental resilience. The psychology of change. Theoretical model of change. Psychology of personal development – the practical aspect of health psychology (positive).

