

DESCRIPTION OF THE COURSE OF STUDY

Course code	0312.4.SM1.A12.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	International Relations
1.2. Mode of study	Full-time study part –time study
1.3. Level of study	First-cycle studies
1.4. Profile of study*	General academic
1.5. Person/s preparing the course description	Institute of International Relations and Public Policies
1.6. Contact	ismipp@ujk.edu.pl

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	Lecture,
3.2. Place of classes	didactic rooms of the Jan Kochanowski University
3.3. Form of assessment	graded credit
3.4. Teaching methods	Lecture: problem lecture (lecture, discussion); viewing methods (demonstration, use of technical teaching aids).
3.5. Bibliography	Required reading <ul style="list-style-type: none"> • A. Scoular, <i>Coaching biznesowy</i>, GWP, Sopot 2014 • G. Filipowicz, <i>Zarządzanie kompetencjami. Perspektywa firmowa i osobista</i>, Wolters Kluwer, Warszawa 2014. • A. Karl-Heinz; C. Lindner-Müller, <i>Assessment and development of social competence: introduction to the special issue</i> "Journal for educational research" 2012, 4, S. 7-19, https://pdfs.semanticscholar.org/b398/4f27d15fe4e602ca58fa07c7fe2fc94040af.pdf
	Further reading <ul style="list-style-type: none"> • J. M. Kouzes, B. Z. Posner, <i>Przywództwo i jego wyzwania</i>, Wydawnictwo Uniwersytetu Jagiellońskiego, Kraków 2010 • Vickers, S. Bavister, <i>Coaching</i>, Onepress, Gliwice 2007 • A. Pochtowski (red.), <i>Zarządzanie talentami w organizacji</i>, Warszawa 2008. • R. Dawson., <i>Sekrety podejmowania trafnych decyzji</i>, MT Biznes, Wamex, Warszawa 2006.

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED LEARNING OUTCOMES

<p>4.1. Course objectives (including form of classes)</p> <p>C1. Knowledge - Expanding and acquiring knowledge in the field of psychological mechanisms of the functioning of an individual in society (also internationally) as well as in the area of psychology of personal development and health psychology: stress, assertiveness, mental resilience and interpersonal communication, phases of the group process, group psychology. C2. Skills - Developing the ability to analyze and explain underlying psychological mechanisms of mental well-being, optimal intra- and interpersonal human functioning, constructive communication and interpersonal and personal development. Acquiring the ability to deal with stress, build mental resilience and assertive attitudes towards oneself and in interpersonal contacts. C3. Social competences - Developing competences in the field of self-building and supporting mental resilience and readiness to consciously participate in social life. Raising awareness of the need for continuous personal development, learning, expanding intellectual resources and psychosocial competences throughout life. Strengthening the need for responsibility for personal development.</p>
<p>4.2. Detailed syllabus (including form of classes)</p> <p>Lecture: Positive psychology, health psychology and psychology of personal development in the light of theory. Definition, basic concepts; Psychological theories of stress - proactive ways of coping with stress; Philosophy of assertiveness; Theoretical foundations of interpersonal communication and group psychology; Theories of mental resilience; Psychology of change. Theoretical model of change; Psychology of personal development - practical aspect of health psychology (positive). Practical implications; Stress - proactive ways to deal with stress. Ways of</p>

dealing with stress in practice (cold management, self-management in time, diet, sleep, social support network, positive inner monologue, the ability to assign and achieving goals); Philosophy of assertiveness - role in personal development and functioning in society (social and task roles, professional, group).

4.3 Intended learning outcomes

Code	A student, who passed the course	Relation to learning outcomes
within the scope of KNOWLEDGE:		
W01	He has comprehensive knowledge of selected processes and concepts in the field of personal development and on the nature and conditions of the contemporary global relations based on increasingly faster technological development. At the same time, he is characterized by knowledge about the development of various forms of entrepreneurship in the international dimension, the role of artificial intelligence and indicating potential directions of its development in the future.	SM1A_W01
W02	He has in-depth knowledge of current challenges and problems related to create social and individual skills	SM1A_W13
W03	He has comprehensive knowledge of various scientific, futurological, technological visions of realities and the future of the world.	SM1A_W14
within the scope of ABILITIES:		
U01	He is able to effectively and comprehensively apply his theoretical knowledge and recognized research methods to analyze long-term social, technological and climatic processes taking place within contemporary international relations, as part of working groups and groups of analysts.	SM1A_U01
U02	On the basis of in-depth knowledge, he is able to construct scenarios for the development of processes in the field of international relations, in all their planes, and outline their strategic consequences for the world.	SM1A_U03
U03	He is able to spot a new research problem and propose its creative analysis – solution. Identifies weak signals of change, is aware of the nonlinearity of global processes.	SM1A_U06
within the scope of SOCIAL COMPETENCE:		
K01	Has the ability to independently and consistently supplement knowledge and professional experience, thanks to the awareness of the existence of vast areas of ignorance and the need to limit them. It is ready to actively participate in public life and prepared to promote human rights, democratic values, gender equality, being aware of the long-term threats to these values.	SM1A_K01
K02	He is ready for objective and non-emotional reflection when assessing contemporary events and social, technological and economic trends, including the ability to competently and exhaustively refer to issues important in public life, primarily the social consequences of the growing integration of technological and biological domains.	SM1A_K03
K03	He is ready for objective and non-emotional reflection when assessing contemporary events and social, technological and economic trends, including the ability to competently and exhaustively refer to issues important in public life, primarily the social consequences of the growing integration of technological and biological domains.	SM1A_K06

4.4. Methods of assessment of the intended learning outcomes

Teaching outcomes (code)	Method of assessment (+/-)																				
	Exam oral/written*			Test*			Project*			Effort in class*			Self-study*			Group work*			Others* e.g. standardized 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		
	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...
W01					+						+			+			+				
W02					+						+			+			+				
W03					+						+			+			+				
U01					+						+			+			+				
U02					+						+			+			+				
U03					+						+			+			+				
K01											+			+			+				
K02											+			+			+				

K03	+									+	+			+				
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**delete as appropriate*

4.5. Criteria of assessment of the intended learning outcomes

Form of classes	Grade	Criterion of assessment
lecture (L) (including e-learning)	3	Student passed the written exam at the level of 50-60% of the maximum number of points that can be obtained
	3,5	Student passed the written exam at the level of 61-70% of the maximum number of points that can be obtained
	4	Student passed the written exam at the level of 71-80% of the maximum number of points that can be obtained
	4,5	Student passed the written exam at the level of 81-90% of the maximum number of points that can be obtained
	5	Student passed the written exam at the level of 91-100% of the maximum number of points that can be obtained
classes (C)* (including e-learning)	3	
	3,5	
	4	
	4,5	
	5	
others (...)*) (including e-learning)	3	
	3,5	
	4	
	4,5	
	5	

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

Category	Student's workload	
	Full-time studies	Extramural studies
NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/	32	17
<i>Participation in lectures*</i>	30	15
<i>Participation in classes, seminars, laboratories*</i>		
<i>Preparation in the exam/ final test*</i>	2	2
<i>Others (please specify e.g. e-learning)*</i>		
INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/	18	18
<i>Preparation for the lecture*</i>		
<i>Preparation for the classes, seminars, laboratories*</i>		
<i>Preparation for the exam/test*</i>	18	18
<i>Gathering materials for the project/Internet query*</i>		
<i>Preparation of multimedia presentation</i>		
<i>Others *</i>		
TOTAL NUMBER OF HOURS	50	50
ECTS credits for the course of study	2	2

**delete as appropriate*

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

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