#### card of course

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| Subject name | Creativity Development Techniques – Exercises |

1. The placement of the subject in the study system

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| 1.1. Field of study | FIR, INF, MID, ZAZ |
| 1.2. Form and path of study | Full-time/Part-time |
| 1.3. Level of education | First-cycle studies |
| 1.4. Study profile | Practical |

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| 1. 5. Specialty | - |
| 1.6. Subject Coordinator | Mgr Maria Sieńko |

2. General characteristics of the subject

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| 2.1. Belonging to a subject group | University-wide |
| 2.2. Number of ECTS | 1 |
| 2.3. Language of lectures | Polish |
| 2.4. Semesters in which the subject is taught | III |
| 2.5.Criteria for selecting course participants | - |

1. Learning outcomes and course delivery
   1. Subject Objectives

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| No. | Subject Objectives |
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| C1 | Breaking habitual thinking and action. |
| C2 | Building awareness of many different ways to solve the same problem. |
| C3 | Designing and consciously implementing changes in your life. |
| C4 | Designing a creative situation that will provoke students into their own development. |
| C5 | Developing students’ personalities – the spheres of emotions, senses, intellectual thinking. |

* 1. Subject-specific learning outcomes, divided into knowledge , skills and competences , with reference to the directional learning outcomes

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| --- | --- | --- | --- | --- | --- | --- |
| No. | Description of subject  learning outcomes | Reference to  directional effects  learning (symbols) | Method of implementation (mark "X") | | | |
| ST | | NST | |
| Classes at the University | Activities on  the platform | Classes at the University | Activities on  the platform |
| After passing the course, the student is **able** to: | | | | | | |
| U1 | Make changes in yourself and your environment, overcome your own barriers | FIR\_U15  INF\_U10  MID\_U16  MID\_U17  Z1\_U14 | X |  | X |  |
| U2 | Consciously use your intellectual resources, imagination and sensitivity. | X |  | X |  |
| U3 | Collaborate in a group, confront and combine different ideas, concepts and concepts. | X |  | X |  |
| U4 | Act effectively in new, difficult situations, find new and unconventional solutions. | X |  | X |  |
| After completing the course, the student is ready to take part in **social competences.** | | | | | | |
| K1 | Taking responsibility for one's own actions and understanding their significance to oneself and others. | FIR\_K03  INF\_K03 MID\_K02  Z1\_K02 | X |  | X |  |
| K2 | Taking care of one’s own autonomy in thinking and acting, organising one’s own activities in an innovative way, demonstrating flexibility in thinking and acting. | X |  | X |  |

3.3. Forms of teaching and their number of hours - Full-time studies (ST), Part-time studies (NST)

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| Path | Lecture | Exercises | Design | Workshop | Laboratory | Seminar | Lecturer | Classes conducted using distance learning methods and techniques in the form of ………………. | Other | **ECTS points** |
| **ST** |  | 15 |  |  |  |  |  |  |  | 1 |
| **NST** |  | 10 |  |  |  |  |  |  |  | 1 |

3.4. Content of education (separately for each form of classes: (W, ĆW, PROJ, WAR, LAB, LEK, OTHER). It should be marked (X) how the given content will be implemented (classes at the university or classes on the e-learning platform conducted using distance learning methods and techniques)

TYPE OF CLASSES: EXERCISES

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| --- | --- | --- | --- | --- | --- | --- |
| No. | Content of the course | Reference to  the effects in question  learning | Method of implementation (mark "X") | | | |
| ST | | NST | |
| **Classes at the University** | **Activities on  the platform** | **Classes at the University** | **Activities on  the platform** |
| 1. | Development of imagination, sensitivity and self-awareness. Enrichment of the repertoire of activities | U2 | X |  | X |  |
| 2. | Exchanging one's own ideas and concepts with others — confronting different points of view. | U3 | X |  | X |  |
| 3. | Overcoming your own barriers and limitations. | U1 | X |  | X |  |
| 4. | Going beyond patterns and routine. | U1, K2 | X |  | X |  |
| 5. | A provocation to make important changes to your habitual actions. | U1 | X |  | X |  |
| 6. | Finding new, unconventional solutions to difficult problems. | U4, K1 | X |  | X |  |
| 7. | Enriching thinking through images. | U2 | X |  | X |  |
| 8. | Reflection on one's own life and one's ways of acting towards reality. | U1, U4, K2 | X |  | X |  |
| 9. | Increased efficiency in various spheres of life. | U1, U2 | X |  | X |  |
| 10. | Improving the quality of relationships with other people. | U3, K1 | X |  | X |  |
| 11. | Summary of classes and discussion of grades |  | X |  | X |  |

3.5. Methods of verifying learning outcomes (indicating and describing methods of conducting classes and verifying the achievement of learning outcomes, e.g. debate, case study, preparation and defense of a project, complex multimedia presentation, solving problem-solving tasks, situation simulations, study visit, simulation games + description of a given method):

Analysis of exercises during classes from each thematic block and giving an opinion on each task, conservatory, confrontation of different points of view (without assessment).

Written assignment: planning 10 minutes each day to develop your creativity (activities should be planned for 14 days according to the following pattern: day, activity to be performed, purpose of the activity).

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| Subject Effects | Teaching methods | Methods of verifying learning outcomes | Documentation methods |
| SKILLS | | | |
| U1-U4 | Exercise analysis, written work | Preparation of written work  (description above the table) | Written work assessed by the instructor |
| SOCIAL COMPETENCES | | | |
| K1-K2 | Exercise analysis, written work | Preparation of written work  (description above the table) | Written work assessed by the instructor |

3.6. Assessment criteria for the achieved learning outcomes

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| **Learning effect** | **For a grade of 3 or "pass."**  **the student knows and understands/is able to/is ready to** | **For a grade of 3.5, the student knows and understands/is able to/is ready to** | **For a grade of 4, the student knows and understands/is able to/is ready to** | **For a grade of 4.5, the student knows and understands/is able to/is ready to** | **For a grade of 5, the student knows and understands/is able to/is ready to** |
| W | 51-60% of knowledge indicated in learning outcomes | 61-70% of knowledge indicated in learning outcomes | 71-80% of knowledge indicated in learning outcomes | 81-90% of knowledge indicated in learning outcomes | 91-100% of knowledge indicated in learning outcomes |
| U | 51-60% of skills indicated in learning outcomes | 61-70% of skills indicated in learning outcomes | 71-80% of skills indicated in learning outcomes | 81-90% of skills indicated in learning outcomes | 91-100% of skills indicated in learning outcomes |
| K | 51-60% of skills indicated in learning outcomes | 61-70% of skills indicated in learning outcomes | 71-80% of skills indicated in learning outcomes | 81-90% of skills indicated in learning outcomes | 91-100% of skills indicated in learning outcomes |

3.7 . Literature

**Basic**

* Stasiak M. K. Twórczy i harmonijny rozwój człowieka Wydaw. Wyższej Szkoły Humanistyczno-Ekonomicznej, Łódź 2008
* Szmidt, Krzysztof J., Pedagogika twórczości, Gdańskie Wydawnictwo Psychologiczne, Sopot 2013
* Kreatywność: uwolnij swą wewnętrzną moc / Osho ; przełożyły: Bogusława Jurkevich i Magdalena Stefańczuk. - Wyd. 2 zm. Warszawa : Wydawnictwo Czarna Owca, 2016
* Twórcza odwaga: otwórz się na Design Thinking / Tom Kelley, David Kelley; przekład Anita Doroba. Warszawa: MT Biznes, 2019

**Supplementary**

* De Bono, Edward, Umysł kreatywny: 62 ćwiczenia rozwijające intelekt, Studio Emka, Warszawa 2009
* Psychologia twórczości / Edward Nęcka. - Wyd. 2. Sopot : Gdańskie Wydawnictwo Psychologiczne, 2016
* Nęcka E. Trening twórczości, Gdańskie Wydaw. Psychologiczne, Gdańsk 2008
* Buzan Mapy twoich myśli, wyd. AHA Łódż, 2014

4. Student workload - ECTS points balance

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| --- | --- | --- |
| **Types of student activity** | **Student Load** | |
| **ST** | **NST** |
| **Classes requiring direct contact between the student and the academic teacher at the university premises** | **15** | **10** |
| Classes included in the study plan | 15 | 10 |
| **Student's own work** | **10** | **15** |
| Ongoing preparation for classes, preparation of project work/presentations/etc. | 5 | 8 |
| Preparation for passing classes | 5 | 7 |
| **TOTAL STUDENT HOURLY LOAD** | **25** | **25** |
| **Number of ECTS points** | **1** | **1** |

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| Last change date | 30/09/2024 |
| The changes were introduced | ZAZ Education Quality Team |
| The changes were approved | Mgr Anna Bielak |