#### card of course

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| Subject name | Foundations of psychology |

1. The placement of the subject in the study system

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| 1.1. Field of study | FIR, INF, 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 Katarzyna Belniak |

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 | English |
| 2.4. Semesters in which the subject is taught | II |
| 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 | To familiarize students with the basic concepts, definitions and tasks of psychology as a science that studies the behavior of individuals and their mental processes. |
| C2 | Understanding the most important phenomena, processes and mechanisms of human mental regulation and behavior. |
| C3 | Acquiring practical skills in identifying and applying the most important concepts in psychology. |
| C4 | Developing the ability to recognize one's own mental processes and behaviors. |

* 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 knows and understands **the knowledge** | | | | | | |
| W1 | concepts of psychology in the field of human functioning, goals and tasks of psychology and main trends in psychology | FIR\_W10  INF\_W22  Z1\_W01 |  | X |  | X |
| W2 | Understands what personality is (structure, personality types) and the psychological characteristics of an individual |  | X |  | X |
| W3 | Has knowledge of processes, phenomena of mental regulation occurring in humans, knows the role and influence of emotions, motivation, stress on human behavior. Understands the influence and psychosocial effects of phenomena such as pandemics and war. |  | X |  | X |
| W4 | Knows the psychological aspects of group work, knows what a group process is (knows what group structures, roles in a group, stages of group development may be) |  | X |  | X |
| After passing the course, the student is **able** to: | | | | | | |
| U1 | Use concepts from the field of psychology and is able to expand and use knowledge from the field of psychology to explain human mental processes | FIR\_U01  INF\_U02  Z1\_U16 |  | X |  | X |
| U2 | correctly identify and interpret one's own and other people's behaviours that appear in society, and recognise the psychological aspects of group work |  | X |  | X |
| After completing the course, the student is ready to take part in **social competences.** | | | | | | |
| K1 | Managing oneself and controlling emotions and stress, acting in an ethical manner | FIR\_K01  INF\_K05  Z1\_K06 |  | 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 a lecture | Other | **ECTS points** |
| **ST** |  |  |  |  |  |  |  | 10 |  | 1 |
| **NST** |  |  |  |  |  |  |  | 5 |  | 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 CLASS : LECTURE

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| No. | Content of the course | Reference to subject-specific learning outcomes | Method of implementation (mark "X") | | | |
| ST | | NST | |
| **Classes at the University** | **Activities on  the platform** | **Classes at the University** | **Activities on  the platform** |
| 1. | Psychology as a science.The subject of interest of psychology. The goals of psychology. Main trends in psychology . | W1 |  | X |  | X |
| 2. | Psychological characteristics of the individual. Temperament and personality. Intelligence. | W2, U1 |  | X |  | X |
| 3. | Human cognitive processes.  Psychology of human development. | W3, U1 |  | X |  | X |
| 4. | Emotions, motivation. What motivates us? What processes control emotions?  Stress and coping with stress in various situations. | W3, U1, K1 |  | X |  | X |
| 5. | Psychological aspects of the COVID-19 pandemic and previous epidemics. Understanding experiences, emotional reactions, attitudes and threats. Psychosocial effects of the pandemic. | W3, U1, U2 |  | X |  | X |
| 6. | Social anxiety. Anxiety states.  Trauma and the psychological effects of war. | W3, U1, U2 |  | X |  | X |
| 7. | Man – a social being. Psychological aspects of group work, group processes, (group structures, roles in the group, stages of group development) | W4, U2, K2 |  | X |  | X |
| 8. | Final test. |  |  | X |  | X |
| 9. | Summary of classes and discussion of students' work. Final 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):

Conversational lectures using multimedia presentations combined with discussions, during which the lecturer discusses individual issues. Students can ask questions and clarify any doubts as they arise.

To pass the course, students take a test consisting of 14 closed-ended questions and 2 open-ended questions covering topics covered during lectures (60% of the final grade).

* Test containing a set of 16 questions (14 closed-ended, multiple choice questions and 2 open-ended questions).

Assessment criteria for the examination test:

Each closed question – 1 point (14 x 1 point = 14 points)

Each open question – 3 points (2 x 3 points = 6 points)

Total number of points to be won – 20 points

Percentage range and score for each rating:

Grade 3 (sufficient): 51 – 60% 11 – 12 points

Rating 3.5 (sufficient plus): 61 – 70% 13 – 14 points

Rating 4 (good): 71 – 80% 15 – 16 points

Rating 4.5 (good plus) 81 – 90% 17 – 18 points

Rating 5 (very good): 91 – 100% 19 – 20 points

Students are also required to describe one selected psychological theory (40% of the final grade, a written paper of up to 2 pages indicating the sources used). The papers will be discussed during the last class.

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| Subject Effects | Teaching methods | Methods of verifying learning outcomes | Documentation methods |
| KNOWLEDGE | | | |
| W1-W4 | a conversational lecture with the use of a multimedia presentation | Test consisting of 10 closed questions and 2 open questions (60% of the final grade) , written paper (40% of the final grade)  - description above the table | Test and written work assessed by the instructor |
| SKILLS | | | |
| U1-U2 | conversational lecture with the use of multimedia presentation, discussions | Test consisting of 10 closed questions and 2 open questions (60% of the final grade) , written paper (40% of the final grade)  - description above the table | Test and written work assessed by the instructor |
| SOCIAL COMPETENCES | | | |
| K1 | conversational lecture with the use of multimedia presentation, discussions | Test consisting of 10 closed questions and 2 open questions (60% of the final grade) , written paper (40% of the final grade)  - description above the table | Test and 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**

1. Zimbardo, Philip G. Psychologia: kluczowe koncepcje. T. 2, Motywacja i uczenie się, Warszawa: Wydawnictwo Naukowe PWN, 2020
2. Psychologia akademicka: podręcznik. T. 1 i T. 2 / red. nauk. Jan Strelau, Dariusz Doliński. Gdańsk: Gdańskie Wydawnictwo Psychologiczne, 2021
3. Pandemia COVID-19 – perspektywa psychologiczna, red. M. Gambin, B. Zawadzki, Warszawa: Wydawnictwo Liberi Libri, 2022. Dostęp on-line:

<https://liberilibri.pl/wp-content/uploads/2022/06/Pandemia-COVID-19_2022.pdf>

1. Artykuł: Psychospołeczne skutki pandemii COVID-19, Joanna Dymecka Instytut Psychologii, Uniwersytet Opolski https://www.termedia.pl/Psychospoleczne-skutki-pandemii-COVID-19,46,44790,0,0.html

**Supplementary**

1. W. Wosińska, Psychologia życia społecznego, Gdańskie Wydawnictwo Psychologiczne, Gdańsk 2004
2. Psychologia: podręcznik akademicki. T. 1, Podstawy psychologii / red. nauk. Jan Strelau. Gdańsk: Gdańskie Wydawnictwo Psychologiczne, 2015.
3. Dzienniki stanu pandemii, red. W. Gumuła, Instytut Literatury i Zakład Wydawniczy NOMOS, wyd. I, Kraków, 2021, dostęp on-line <https://www.academia.edu/56913534/PostkorektaDzienniki_DP>

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** | **10** | **5** |
| Classes included in the study plan | 10 | 5 |
| **Student's own work** | **15** | **20** |
| Ongoing preparation for classes, preparation of project work/presentations/etc. | 5 | 10 |
| Preparation for passing classes | 10 | 10 |
| **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 |