#### CARD OF COURSE

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| Subject name | Mental hygiene and self-therapy techniques |

1. The placement of the subject in the study system

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| 1.1. Field of study | FIR, INF, STM, 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 | Dr Małgorzata Jedynak |

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 | 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 | Familiarizing Students with the concepts of mental health, mental hygiene, mental resilience, self-therapy. Presentation and analysis of factors influencing mental health. |
| C2 | Shaping students’ skills in taking care of their own mental health, introducing the principles of mental hygiene, building a healthy lifestyle, strengthening mental resilience, learning self-therapy techniques. |
| C3 | Inspiring students to systematically develop their personal skills, prevent mental health problems and use their own resources to strengthen their overall health, especially mental health. |

* 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 | Knows the concepts of mental health, mental hygiene, mental resilience, and self-therapy. | FIR\_W10  INF\_W22  STM\_W07  Z1\_W01 | X |  | X |  |
| W2 | Knows what factors shape mental health, which determines a person's functioning in various areas of social life and the life roles they perform. | X |  | X |  |
| After passing the course, the student is **able** to: | | | | | | |
| U1 | Is able to identify the principles of mental hygiene and interpret them. | FIR\_U10  FIR\_U16  INF\_U10  STM\_U21  STM\_U22  Z1\_U14 | X |  | X |  |
| U2 | Is able to identify a lifestyle that promotes mental health, copes with stress, is able to manage emotions and build good relationships with others and communicate effectively. | X |  | X |  |
| U3 | Is able to use autotherapy methods to take care of his/her well-being, strengthen mental resilience, and uses stress management techniques. | X |  | X |  |
| After completing the course, the student is ready to take part in **social competences.** | | | | | | |
| K1 | To systematically take care of your development and your own mental health to improve the quality of your life | FIR\_K08  INF\_K01  STM\_K02  Z1\_K01 | X |  | X |  |
| K2 | Cooperation and collaboration with the team, conscious coping with difficult life situations | 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** |  |  |  | 15 |  |  |  |  |  | 2 |
| **NST** |  |  |  | 10 |  |  |  |  |  | 2 |

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: Workshop

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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. | Familiarization with the concepts of: mental health, mental hygiene, mood, mental resilience. Discussion of factors influencing mental health | W1, W2, U1, K1 | X |  | X |  |
| 2. | How does lifestyle affect mental health? Developing new and healthy habits: healthy eating, physical activity, managing emotions, rest and leisure, relaxation techniques, social relationships, work-life balance | W2, U2.K1 | X |  | X |  |
| 3. | Chronic STRESS - as a source of mental disorders, how to deal with it? Emotions and the body. Tools to strengthen mental resilience | U1, U2, U3, K1, K2 | X |  | X |  |
| 4. | What does self-therapy mean, getting to know self-therapy techniques to be able to effectively help yourself with tensions, mood disorders, problems in relationships with others | U3,K1,K2 | X |  | X |  |
| 5. | Dance therapy, music therapy, animal therapy etc. – purpose and application | U2, U3, K1 | X |  | X |  |
| 6. | When to see a specialist? Anxiety disorders, depression, addictions, eating disorders. | U1, U2, W1, K1, | X |  | X |  |
| 7. | Summary of classes and discussion of grades. |  | X |  | X |  |

3.5. Methods of verifying learning outcomes (indication and description of methods of conducting classes and verification of achievement of learning outcomes and method of documentation)

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| --- | --- | --- | --- |
| Subject Effects | Teaching methods | Methods of verifying learning outcomes | Documentation methods |
| KNOWLEDGE | | | |
| W1-W2 | Workshop, individual and group exercises, discussion, simulation scenes | Individually developed plan - How can I take care of my mental health? In the form of a term paper | A graded term paper submitted to the library |
| SKILLS | | | |
| U1-U3 | Workshop, individual and group exercises, discussion, simulation scenes | Individually developed plan – How can I take care of my mental health? In the form of a term paper | A graded term paper submitted to the library |
| SOCIAL COMPETENCES | | | |
| K1-K2 | Workshop, individual and group exercises, discussion, simulation scenes | Individually developed plan – How can I take care of my mental health? In the form of a term paper | A graded term paper submitted to the library |

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. E. Wilczak-Rużyczka, M. Kwak. Zdrowie psychiczne, współczesne zagrożenia i możliwości wzmacniana, PZWL, Warszawa, 2024
2. D. Strycharczyk. Odporność psychiczna. Strategie i narzędzia rozwoju, GWP, 2024

**Supplementary**

1. Z. Ryżak, Silna psychika. Poradnik wzmacniania odporności psychicznej na trudne czasy, OnePress, 2023
2. Red. L Zabłocka-Żytka, J. Czabała, Promocja zdrowia psychicznego. Od teorii do praktyki. 2021
3. M. Stanek. Autoterapia. Pokonaj problemy, stres i lęki, Edgard, 2022

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 | 10 |
| Preparation for passing classes | 5 | 5 |
| **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 |