

**Field of study:****Psychology**

Subject: Basic psychological knowledge and skills

Level of study: graduate studies

System of study: Full-time

Profile of studies: general academic

Subject: Basic psychological knowledge and skills

Form of classes and the ECTS points

	Number of hours	ECTS points	Credit
exercises	30		credit with mark
Total	30	4	

Aims of teaching

The course aims to cover basic issues in the field of psychology, with particular emphasis on the methodology of psychological research.

Intended learning outcomes

KNOWLEDGE		
SYMBOL	DESCRIPTION	REFERENCE TO THE PROFILE OUTCOME
P_W1	The student knows the research in the field of psychology, regarding issues discussed during the course.	Ps_WG03_Mgr
SKILLS		
SYMBOL	DESCRIPTION	REFERENCE TO THE PROFILE OUTCOME
P_U1	The student can use the psychological knowledge to analyse the phenomena observed in everyday life.	Ps_UW06_Mgr
P_U2	The student is able to plan a simple study: (s)he is able to define a research problem, formulate the hypothesis, choose the design, define and operationalize the variables.	Ps_UW05_Mgr
SOCIAL COMPETENCES		
SYMBOL	DESCRIPTION	REFERENCE TO THE PROFILE OUTCOME
P_K1	The student has a critical approach to popular opinions and media messages about the phenomena related to psychology.	Ps_KK01_Mgr

Course content

NUMBER	DESCRIPTION	FORM OF CLASSES	NUMBER OF HOURS
1	Introduction to psychology. The most popular approaches in psychology: psychoanalytic/psychodynamic approach, behavioral approach, cognitive approach, humanistic approach, biological approach, evolutionary approach, cross-cultural approach.	exercises	3 / 3
2	Methodology of psychological research. Preparing a study - from defining the problem to reporting the results. The most popular designs: experimental, quasi-experimental, correlational. The pros and cons of these designs.	exercises	3 / 3
3	Problems and challenges in psychological research. Social desirability bias. Order effect. Hawthorne effect. Limitations of convenience samples. Elements of psychometrics. Reliability and validity of the tests.	exercises	3 / 3

NUMBER	DESCRIPTION	FORM OF CLASSES	NUMBER OF HOURS
4	Basic problems of learning and memory. Cognitive processes. Cognitive biases.	exercises	3 / 3
5	Basic problems of developmental psychology. Classical theories: stages of development by Piaget, stages of moral development by Kohlberg.	exercises	3 / 3
6	Basic problems of emotions, motivation and stress.	exercises	3 / 3
7	Basic problems of personality psychology. Big Five theory- advantages and disadvantages.	exercises	3 / 3
8	Basic problems of psychopathology. Different kinds of norm in psychology- statistical norm, medical norm, socio-cultural norm. Origin of disorders: nature or nurture? Interactions between biology and the environment.	exercises	3 / 3
9	Basic problems of psychotherapy. The most popular approaches to psychotherapy. Assessing the effectiveness of psychotherapy.	exercises	3 / 3
10	Introduction to social psychology. Social influence. Stereotypes and prejudices.	exercises	3 / 3

Conditions of completion

EXERCISES

TYPE OF CREDIT	CREDIT INFLUENCE (IN %)
Presence in classes	5
Class work	15
Project	40
Final project	40

Teaching methods

- assignments
- brainstorming
- case studies
- discussion
- exercises
- group work
- multimedia presentations
- social experiment

Reading (compulsory)

- Gerrig. Psychology and life 2014

Reading (additional)

- Lack of literature

Odniesienie efektów przedmiotowych do efektów kierunkowych, treści kształcenia, metod weryfikacji

SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
KNOWLEDGE			
P_W1	Ps_WG03_Mgr	1 2 3 4 5 6 7 8 9 10	Active class participation project project
SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
SKILLS			
P_U1	Ps_UW06_Mgr	1 5 6 7 8 9 10	Active class participation project
P_U2	Ps_UW05_Mgr	2 3	Active class participation project
SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
SOCIAL COMPETENCES			
P_K1	Ps_KK01_Mgr	1 2 3	Active class participation project