

**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

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### EXERCISES

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

## Teaching methods

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

## Reading (compulsory)

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- Gerrig. Psychology and life 2014

## Reading (additional)

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- 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 |
|---------------------------|-----------------------------------------------------|----------------------------------------------------|----------------------------------------------------------|
| <b>KNOWLEDGE</b>          |                                                     |                                                    |                                                          |
| P_W1                      | Ps_WG03_Mgr                                         | 1<br>2<br>3<br>4<br>5<br>6<br>7<br>8<br>9<br>10    | Active class<br>participation<br>project<br>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 |
| <b>SKILLS</b>             |                                                     |                                                    |                                                          |
| P_U1                      | Ps_UW06_Mgr                                         | 1<br>5<br>6<br>7<br>8<br>9<br>10                   | Active class<br>participation<br>project                 |
| P_U2                      | Ps_UW05_Mgr                                         | 2<br>3                                             | Active class<br>participation<br>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 |
| <b>SOCIAL COMPETENCES</b> |                                                     |                                                    |                                                          |
| P_K1                      | Ps_KK01_Mgr                                         | 1<br>2<br>3                                        | Active class<br>participation<br>project                 |