

**Field of study:**

## **Management**

**Subject: Introduction to psychology**

Level of study: undergraduate studies

System of study: Full-time

Profile of studies: general academic

Subject: Introduction to psychology

## **Form of classes and the ECTS points**

|          | Number of hours | ECTS points | Credit |
|----------|-----------------|-------------|--------|
| lectures | 30              |             | exam   |
| Total    | 30              | 5           |        |

## **Aims of teaching**

To familiarize students with basic information about psychology as a science. Presentation of its main directions - historical background, the most important representatives and main assumptions and discoveries. To familiarize students with knowledge about the relationship between the brain and the psyche and the methods of studying this relationship, the basic issues related to the reception and processing of information, the approximation of such issues as cognitive processes, both basic and higher level. In addition, the presentation of a way of understanding selected psychological phenomena such as: motivation, emotions and stress, personality in the understanding of different psychological trends, as well as the transfer of basic knowledge in the field of social psychology and psychopathology. To familiarize students with the specificity of psychological thinking, which will allow them to develop their skills of formulating independent conclusions and using a psychological language.

## Intended learning outcomes

| KNOWLEDGE          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                   |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| SYMBOL             | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | REFERENCE TO THE PROFILE OUTCOME                                                  |
| P_W1               | <ul style="list-style-type: none"><li>• the student has knowledge of the main trends of psychology and their historical conditioning.;</li><li>• he knows and can define basic ideas regarding the course of mental processes, including cognitive, emotional, motivational and relate his knowledge to practice.</li><li>• he knows and defines basic ideas describing the course of social behavior</li><li>• he has knowledge of the basic methods used in psychology</li><li>• he defines the specific features of psychology as a science and can indicate the differences between psychology and pseudopsychology</li><li>• he knows the subdisciplines of psychology and their interrelationships</li></ul> | Zarz_WG01_Lic<br>Zarz_WK01_Lic<br>Zarz_WK02_Lic<br>Zarz_WK05_Lic                  |
| SKILLS             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                   |
| SYMBOL             | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | REFERENCE TO THE PROFILE OUTCOME                                                  |
| P_U1               | <ul style="list-style-type: none"><li>• the student reads and understands the literature of the subject.</li><li>• he can describe and explain basic mental processes</li><li>• he uses psychological terminology.</li><li>• he can analyze psychological goals and tasks.</li><li>• he distinguishes between psychological trends and knows how to interpret human behavior based on his knowledge</li><li>• he can assess the scientific value of theory and concept in psychology</li><li>• the student can describe the research methods used in psychology and assess their value.</li></ul>                                                                                                                  | Zarz_UW01_Lic<br>Zarz_UW04_Lic<br>Zarz_UW10_Lic<br>Zarz_UK03_Lic<br>Zarz_UU01_Lic |
| SOCIAL COMPETENCES |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                   |
| SYMBOL             | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | REFERENCE TO THE PROFILE OUTCOME                                                  |
| P_K1               | <ul style="list-style-type: none"><li>• he can communicate with specialists from other fields of science</li><li>• he develops personal motivation to acquire new professional competences</li><li>• he strives to deepen knowledge and develop professional skills and takes care of its own mental condition</li></ul>                                                                                                                                                                                                                                                                                                                                                                                           | Zarz_KK01_Lic<br>Zarz_KK02_Lic<br>Zarz_KO02_Lic<br>Zarz_KO04_Lic<br>Zarz_KR01_Lic |

## Course content

| NUMBER | DESCRIPTION                                                                                                                                                                                                                                                                                                                              | FORM OF CLASSES | NUMBER OF HOURS |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-----------------|
| 1      | Introduction - the nature of psychology, basic concepts, psychology and other human sciences, goals of psychological research and research methods used in psychology, conducting scientific research and their ethical aspects.                                                                                                         | lectures        | 3 / 3           |
| 2      | Psychology yesterday and today - the beginnings of psychological thought and contemporary directions of psychology (structuralism, functionalism, associationism, behaviorism, character psychology, cognitivism, biopsychology, humanistic psychology, psychoanalysis, psychodynamic approach) - assumptions and chief representatives. | lectures        | 3 / 3           |
| 3      | Biopsychology - basics of genetics: concepts, relation between genes and human functioning, basic congenital developmental disorders; brain and behaviour: damaged and healthy brain, methods of examination of the nervous system, structure of the nervous system; endocrine system and human behavior.                                | lectures        | 3 / 3           |
| 4      | Psychology of mental processes - perception, attention, memory, thinking, language, learning.                                                                                                                                                                                                                                            | lectures        | 3 / 3           |
| 5      | Awareness - definition, functions and levels, structure of consciousness, changed states of consciousness.                                                                                                                                                                                                                               | lectures        | 3 / 3           |
| 6      | Psychology of mental processes - emotions and motivation: basic and derivative emotions, selected theories of emotions, brain foundations of emotions, selected issues of psychology of emotions and cognitive processes; internal and external motivation, motivation of achievements, types of motivation, conflicts of motives.       | lectures        | 6 / 6           |
| 7      | Psychopathology - health and pathology, human health and the public health movement, problems of pathology assessment, its basic forms and psychopathological mechanisms                                                                                                                                                                 | lectures        | 3 / 3           |
| 8      | Evolution of the mind - the complexity of brain development                                                                                                                                                                                                                                                                              | lectures        | 3 / 3           |
| 9      | Basics of social psychology - a man in relationships with others (theories and issues of social psychology), social cognition, attitudes and their change, relations with others and communication                                                                                                                                       | lectures        | 3 / 3           |

## Conditions of completion

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### LECTURES

| TYPE OF CREDIT                | CREDIT INFLUENCE (IN %) |
|-------------------------------|-------------------------|
| Exam (for the lecturers only) | 100                     |

## Teaching methods

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- lectures
- multimedia presentations
- discussion

## Reading (compulsory)

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- B. R. Hergenhahn . An Introduction to the History of Psychology 2008
- - Michael W. Eysenck, Mark T. Keane. Cognitive Psychology 2010

## 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                      | Zarz_WG01_Lic<br>Zarz_WK01_Lic<br>Zarz_WK02_Lic<br>Zarz_WK05_Lic                  | 1<br>2<br>3<br>4<br>5<br>6<br>7<br>8<br>9          |                                                          |
| 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                      | Zarz_UW01_Lic<br>Zarz_UW04_Lic<br>Zarz_UW10_Lic<br>Zarz_UK03_Lic<br>Zarz_UU01_Lic | 1<br>2<br>3<br>4<br>5<br>6<br>7<br>8<br>9          |                                                          |
| 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                      | Zarz_KK01_Lic<br>Zarz_KK02_Lic<br>Zarz_KO02_Lic<br>Zarz_KO04_Lic<br>Zarz_KR01_Lic | 1<br>2<br>3<br>4<br>5<br>6<br>7<br>8<br>9          |                                                          |