



<b>Course name</b>	<b>Psychology</b>
<b>Entity running the course</b>	Faculty of Interior Architecture and Design
<b>Entity for which the course has been prepared</b>	Department of Design
<b>Course type</b>	Core / obligatory
<b>Year of study / semester, type of studies</b>	Year I, sem. I and II, full-time master's degree
<b>ECTS credits</b>	1 point ECTS per semester
<b>Academic tutor</b>	Ass. prof. Marta Kochan – Wójcik, PhD
<b>Aim of the course</b>	The aim of this course is to create an environment for practicing the basic interpersonal skills, useful for professional development; making contact, assertive communication, giving feedback, asking questions, dealing with difficult situations.
<b>Prerequisites</b>	none
<b>Learning outcomes:</b>	
<b>- knowledge</b>	Student knows, which factors affect, modify and disturb the communication process. Student knows about the influence of psychological factors on the quality of professional life. Student knows their strengths and weaknesses which can influence their career.
<b>- skills</b>	Student can use the communication tools which create understanding. Student can define their role in a team and use their strengths in a teamwork. Student can use their knowledge of psychology for planning their professional development.

<p><b>- personal and social competence</b></p>	<p>Student is aware of the importance of self-acceptance and positive thinking in building their own professional and personal development path. Student can give constructive feedback upon other people's work, and can receive feedback about their own. Can cooperate on substantive and organizational basis, and realize collective tasks.</p>
<p><b>Course content</b></p>	<ol style="list-style-type: none"> <li>1. „Me in contact with myself”. Dynamics of self-awareness. The meaning of individual value system. The challenges and crisis of early adulthood. Stiffness, chaos and flexibility – ability to establish and cross borders. Strengths, virtues and the origins of other resources. Illusions, which help us to live.</li> <li>2. „Me in relation to others”. Levels and rules of communication. Self-presentation and being judged. Forming and receiving feedback. Assertiveness in social relations. Contexts and recurrence of building relations with other people.</li> <li>3. „Me at work”. Rules and ethics of accepting assignments. Levels and rules of communication. Dynamics of client contact. What is assertiveness at work?</li> </ol>
<p><b>Course form and number of course hours</b></p>	<p>30 hours; classes in form of workshops, teamwork, work in pairs, individual work, discussions, simulations, etc.</p>
<p><b>Assessment methods and criteria</b></p>	<p>Presence and activity during classes, preparation of a final paper in form of a presentation or a written work.</p>
<p><b>Assessment type</b></p>	<p>Graded pass</p>
<p><b>Literature</b></p>	<p>Aronson E., Człowiek istota społeczna. Warszawa: PWN 2001  Berne E., W co grają ludzie. Psychologia stosunków międzyludzkich. Warszawa: PWN, 2006  Stewart J., (red.),. Mosty zamiast murów. Warszawa: PWN 2000  Zimbardo, P., Gerrig, R., Psychologia i życie. Warszawa: PWN 2009</p>
<p><b>Teaching aids</b></p>	
<p><b>Language of instruction</b></p>	<p>Polish</p>