



## Subject card

|   |  |  |  |                                     |  |            |     |
|---|--|--|--|-------------------------------------|--|------------|-----|
| Subject name and code                       | Psychology, PG_00057498  |  |  |                                     |  |            |     |
| Field of study                              | Mechanical and Medical Engineering   |  |  |                                     |  |            |     |
| Date of commencement of studies             | February 2023  |  | Academic year of realisation of subject  |                                     | 2023/2024  |            |     |
| Education level                             | second-cycle studies   |  | Subject group  |                                     | Obligatory subject group in the field of study<br>Humanistic-social subject group                            |            |     |
| Mode of study                               | Full-time studies  |  | Mode of delivery   |                                     | at the university  |            |     |
| Year of study                               | 2  |  | Language of instruction  |                                     | Polish   |            |     |
| Semester of study                           | 3  |  | ECTS credits   |                                     | 2.0  |            |     |
| Learning profile                            | general academic profile   |  | Assessment form  |                                     | assessment   |            |     |
| Conducting unit                             |  |  |  |                                     |  |            |     |
| Name and surname of lecturer (lecturers)    | Subject supervisor   |  | Grażyna Gabryel  |                                     |  |            |     |
|   | Teachers   |  | Grażyna Gabryel  |                                     |  |            |     |
| Lesson types and methods of instruction     | Lesson type  | Lecture  | Tutorial   | Laboratory                          | Project  | Seminar    | SUM |
|   | Number of study hours  | 0.0  | 30.0   | 0.0                                 | 0.0  | 0.0        | 30  |
|   | E-learning hours included: 0.0   |  |  |                                     |  |            |     |
| Learning activity and number of study hours | Learning activity  | Participation in didactic classes included in study plan |  | Participation in consultation hours |  | Self-study | SUM |
|   | Number of study hours  | 30   |  | 3.0                                 |  | 17.0       | 50  |
| Subject objectives                          | To acquaint students with the basic knowledge of psychology<br><br>Learning techniques for the regulation, reinterpretation and normalization of emotions<br><br>Analysis of experience and techniques of intervention and changes in the emotional process  |  |  |                                     |  |            |     |
| Learning outcomes                           | Course outcome   |  | Subject outcome  |                                     | Method of verification   |            |     |
|   | [K7_K02] He/she understands outer aspects of influence of mechanical engineer and manager, their social consequences and impact on the environment, needs to follow the rules of ethics and respect for the diversities of views and cultures  |  | The student understands the non-technical aspects of his / her work<br>The student knows the basic knowledge of experiencing and using social influence.                   |                                     | [SK3] Assessment of ability to organize work   |            |     |
|   | [K7_K71] is able to explain the need to apply knowledge from humanistic, social, economic or legal sciences in order to function in a social environment   |  | The student knows the basics of therapeutic directions in psychology, has knowledge of individual differences and the possibilities of human development.                  |                                     | [SK2] Assessment of progress of work<br>[SK5] Assessment of ability to solve problems that arise in practice |            |     |
|   | [K7_W08] He/she broad knowledge related to understand social, economic, legal, ecological and other outer techniques conditions of engineering activities in mechanical-medical engineering  |  | The student has basic psychological knowledge regarding the development of psychology, directions and psychological currents, knowledge of great experiments in psychology |                                     | [SW2] Assessment of knowledge contained in presentation<br>[SW1] Assessment of factual knowledge             |            |     |
| Subject contents                            | Basics of cognitive behavioral therapy, myths about emotions. The role of emotion regulation. Neurobiological theories of emotions. Reinterpretation of the emotional process. Techniques of recognizing and changing the emotional process - techniques of mindfulness, acceptance, cognitive techniques. Techniques of stress reduction. |  |  |                                     |  |            |     |
| Prerequisites and co-requisites             |  |  |  |                                     |  |            |     |

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|---------------------------------|--|--|-------------------------------|
| Assessment methods and criteria | Subject passing criteria                                       | Passing threshold  | Percentage of the final grade |
|                                 |  | 60.0%  | 50.0%                         |
|                                 |  | 100.0%   | 50.0%                         |
| Recommended reading             | Basic literature   | Regulacja emocji w psychoterapii<br><br>Robert L. Leahy, Dennis Tirsch, Lisa A. Napolitano<br><br>Rozwikłanie tajemnicy zdrowia<br><br>Aron Antonovsky |                               |
|                                 | Supplementary literature                                       | Osobowość stres i zdrowie<br><br>Nina Ogińska-Bulik, Zygfryd Juczyński<br><br>Wstęp do psychologii (PWN)<br><br>Strelau J ( 2003)                      |                               |
|                                 | eResources addresses   | Adresy na platformie eNauczanie:   |                               |
|                                 | Example issues/<br>example questions/<br>tasks being completed |  |                               |
| Work placement                  | Not applicable   |  |                               |