



Subject card

Subject name and code	, PG_00059643						
Field of study	Civil Engineering						
Date of commencement of studies	October 2022	Academic year of realisation of subject			2022/2023		
Education level	first-cycle studies	Subject group					
Mode of study	Full-time studies	Mode of delivery			at the university		
Year of study	1	Language of instruction			Polish		
Semester of study	1	ECTS credits			1.0		
Learning profile	general academic profile	Assessment form			assessment		
Conducting unit	Innovative Education Center -> Vice-Rector for Education						
Name and surname of lecturer (lecturers)	Subject supervisor		dr hab. Joanna Mytnik				
	Teachers						
Lesson types and methods of instruction	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	15.0	0.0	0.0	0.0	0.0	15
	E-learning hours included: 0.0						
	Efektywne uczenie się i rozwój 2022 - Moodle ID: 24384 https://enauczanie.pg.edu.pl/moodle/course/view.php?id=24384						
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	15		0.0		0.0	15
Subject objectives	This is a course that will help you understand how memory arises, what are effective and ineffective learning strategies, what tools to use in the process of effective learning and motivating to deep work, what is the importance of attitude, such as sleep, physical activity, meditation affect creating memory traces, as well as how to look after yourself, your well-being, work with concentration, manage your stress levels and develop good habits. All based on the latest neuroscience knowledge.						
Learning outcomes	Course outcome		Subject outcome		Method of verification		

Subject contents	<p>Module 1. Effective learning.</p> <ol style="list-style-type: none"> 1. The illusion of competence. 2. The process of creating memory traces (remembering). 3. Short-term and long-term memory. 4. Two learning modes (concentrated and distracted) 5. Conditions for effective learning: <ul style="list-style-type: none"> • Attitude (power of the words "not yet", research by Dr. Carol Dweck) • Model of "spaced repetition" work, the curve of forgetting • Sleep: role in learning and wellbeing, the chronometer of the 18-teenager's brain. • Physical activity: role in the process of creating memory • Breaks: role in the process of remembering • The reward system in the brain: motivation, habits, the Pomodoro technique, self-gamification. 6. Learning tools: <ul style="list-style-type: none"> • Flashcards • Mind maps <p>Module 2. What should you know about the brain? The greatest myths and facts of neuroscience.</p> <ol style="list-style-type: none"> 1. Motivation: Goal Perception (Dr. Emily Balcatis research) 2. Multitasking and concentrated work. 3. FOMO, addiction to being online. 4. Why school grades destroy motivation. 5. Handwriting and typing. 6. Reading printed books and listening to audiobooks. 7. How do books change our brain? 8. How does stress work in the body? 11. Meditation and the brain. 12. Practicing gratitude and motivation. 13. A list of 100 things that can improve your life. 14. Learning addiction. 15. The influence of alcohol on brain development. <p>Module 3. Getting to know oneself and managing tasks and oneself in time.</p> <ol style="list-style-type: none"> 1. Procrastination: what is it, how to counteract it. 2. Self-management in time. 3. To-do lists, prioritization, time-blocking, deep learning, "goodbye to work". 4. Reflective development diary. 5. Tools for recognizing natural talents. 6. Introvertism, extrovertism, highly sensitive people - what is worth knowing? 7. Ability to navigate in the world of fake news, critical thinking. 8. 7 things you need to do in college. 9. How the business world sees you: CV, LinkedIn. 10. Featured books, TED (x) speeches and online courses. 		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
Recommended reading	Basic literature		
	Supplementary literature		
	eResources addresses		
Example issues/ example questions/ tasks being completed			
Work placement	Not applicable		