



Subject card

Subject name and code	Effective Learning and Development, 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	Center for Innovative Education -> Prorektor ds. studenckich						
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						
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 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		
	[K6_K71] is conscious of the need to apply knowledge from humanistic, social, economic or legal sciences in order to function in a social environment		is aware of the importance of knowledge about the conditions for effective learning and mental health care, and has the need for continuous learning and development.		[SK5] Assessment of ability to solve problems that arise in practice		
	[K6_U71] is able to apply knowledge from humanistic, social, economic or legal sciences in order to solve problems in a social environment		is able to apply the latest neuroscientific knowledge in the process of learning, taking care of his/her own well-being, designing effective learning strategies and techniques.		[SU1] Assessment of task fulfilment [SU3] Assessment of ability to use knowledge gained from the subject		
	[K6_W71] has general knowledge in humanistic, social, economic or legal sciences		has knowledge of neuroscience, especially the conditions for memory formation, the operation of the reward system in the brain, the process of motivation.		[SW3] Assessment of knowledge contained in written work and projects		

Subject contents	Module 1. Effective learning.		
	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		
	Module 2. What should you know about the brain? The greatest myths and facts of neuroscience.		
	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.		
	Module 3. Getting to know oneself and managing tasks and oneself in time.		
	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
	Project	80.0%	100.0%
Recommended reading	Basic literature	Peter C. Brown, Mark A. McDaniel, Henry L. Roediger III The Harvard guide to effective learning 2020 PAX Publishing Institute.	
	Supplementary literature	Charles Duhigg. 2013 The Power of Habit. Why we do what we do and how to change it in life and business.	
	eResources addresses	Uzupełniające Adresy na platformie eNauczanie: Efektywne uczenie się i rozwój 2022 - Moodle ID: 24384 https://enauczanie.pg.edu.pl/moodle/course/view.php?id=24384	
Example issues/ example questions/ tasks being completed	Preparation of a mind map on the conditions for effective learning.		

Work placement	Not applicable
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