



## Subject card

Subject name and code	Psychology, PG_00057498						
Field of study	Mechanical and Medical Engineering						
Date of commencement of studies	February 2024		Academic year of realisation of subject		2024/2025		
Education level	second-cycle studies		Subject group		Obligatory subject group in the field of study 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		dr n.med. Dorota Janikowska-Hołoweńko				
	Teachers						
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  Learning techniques for the regulation, reinterpretation and normalization of emotions  Analysis of experience and techniques of intervention and changes in the emotional process						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
	[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		[SW1] Assessment of factual knowledge [SW2] Assessment of knowledge contained in presentation		
	[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.		[SK5] Assessment of ability to solve problems that arise in practice [SK2] Assessment of progress of work		
	[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 The student knows the basic knowledge of experiencing and using social influence.		[SK3] Assessment of ability to organize work		
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							

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