



Subject card

Subject name and code	Work-life balance in engineering profession and effective work planning, PG_00062150						
Field of study	Technical Physics						
Date of commencement of studies	February 2023		Academic year of realisation of subject		2023/2024		
Education level	second-cycle studies		Subject group				
Mode of study	Full-time studies		Mode of delivery		e-learning		
Year of study	1		Language of instruction		Polish		
Semester of study	2		ECTS credits		2.0		
Learning profile	general academic profile		Assessment form		assessment		
Conducting unit	Zakład Projektowania Okrętu -> Institute of Ocean Engineering and Ship Technology -> Faculty of Mechanical Engineering and Ship Technology						
Name and surname of lecturer (lecturers)	Subject supervisor		dr hab. inż. Jakub Montewka				
	Teachers		dr hab. inż. Jakub Montewka				
			dr inż. Krzysztof Wołoszyk				
Lesson types and methods of instruction	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	30.0	0.0	0.0	0.0	0.0	30
	E-learning hours included: 30.0						
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		2.0		18.0	50
Subject objectives	<p>The aim of the course is to familiarise students with the idea of a balanced professional and private life as an important element for success.</p> <p>To this end, the basics of Aristotle's philosophical view of man and the resulting characteristics and needs of man are introduced. Subsequently, concepts are presented that support the sustainable development of people as individuals and as elements of the community. The concept of ethics-based leadership is presented as a fundamental concept, while the concept of deep work and digital minimalism are presented as supporting concepts.</p>						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
	[K7_W71] has general knowledge in humanistic, social, economic or legal sciences, including their fundamentals and applications		The student has systematized humanistic knowledge about man as an individual and his impact on society from a philosophical, medical and social perspective.		[SW3] Assessment of knowledge contained in written work and projects		
	[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 understands the need to deepen humanistic knowledge in order to understand and influence the processes taking place in the social environment.		[SK1] Assessment of group work skills		
	[K7_U71] is able to apply knowledge from humanistic, social, economic or legal sciences in order to solve problems		The student understands the main directions of personal development, resulting from timeless humanistic knowledge, which significantly affect the well-being of the individual and the environment.		[SU5] Assessment of ability to present the results of task		

Subject contents	1. The concept of a human according to Aristotle. 2. Human well-being 3. Leadership based on ethics. 4. Deep work. 5. Digital minimalism.		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	An essay on a topic chosen by the student discussed in class	50.0%	100.0%
Recommended reading	Basic literature	1. Alexandre Havard, Charakter lidera. Virtuous Leadership. Life&Work 2. Cal Newport. Cyfrowy minimalizm. Jak zachować skupienie w hałaśliwym świecie . Studio Emka 3. Cal Newport. Praca głęboka. Jak odnieść sukces w świecie w którym ciągle coś nas rozprasza. Studio Emka 4. Greg McKeown, Esencjalista. MT Biznes.	
	Supplementary literature	-	
	eResources addresses	Adresy na platformie eNauczanie: Work-life balance w zawodzie inżyniera i efektywne planowanie czasu pracy - Moodle ID: 33163 https://enauczanie.pg.edu.pl/moodle/course/view.php?id=33163	
Example issues/ example questions/ tasks being completed			
Work placement	Not applicable		