



Subject card

Subject name and code	Work-life balance and more, PG_00065194						
Field of study	Technical Physics						
Date of commencement of studies	February 2024	Academic year of realisation of subject			2024/2025		
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 Mechaniki i Konstrukcji Morskich -> Institute of Ocean Engineering and Ship Technology -> Faculty of Mechanical Engineering and Ship Technology						
Name and surname of lecturer (lecturers)	Subject supervisor	dr inż. Krzysztof Wołoszyk					
	Teachers	dr inż. Krzysztof Wołoszyk prof. dr hab. inż. Jakub Montewka					
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 introduce students to the idea of a balanced professional and private life, as an essential element leading to success. To this end, the foundations of Aristotle's philosophical vision of man will be presented, as well as the resulting characteristics and needs of man. In a further step, psychological and health aspects related to work-life balance will be presented. Next, concepts supporting the sustainable development of man as an individual and as an element of the community will be presented. Ethics-based leadership concepts, the concept of deep work and digital minimalism will be presented. The advantages as well as the dangers of widespread access and the continuous development of digital media will be presented.</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 listener is familiar with Aristotle's vision of man and the human qualities and needs resulting from it. The listener is familiar with contemporary concepts of digital minimalism and deep work.			[SW1] Assessment of factual knowledge [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 listener is aware of the needs of man as an individual and as an element of the community. He/she is aware of the importance of a humanistic foundation in professional work.			[SK5] Assessment of ability to solve problems that arise in practice		
	[K7_U71] is able to apply knowledge from humanistic, social, economic or legal sciences in order to solve problems	The listener is able to use the concept of deep work to plan work time effectively. The listener understands the advantages and disadvantages that digital media brings.			[SU3] Assessment of ability to use knowledge gained from the subject		

Subject contents	The concept of man according to Aristotle and the resulting characteristics and needs of man. Psychological concepts that support the sustainable development of man as an individual and as an element of the community. Leadership based on ethics. Deep work. Digital minimalism.		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	Essay	50.0%	100.0%
Recommended reading	Basic literature	<p>Władysław Tatarkiewicz. Historia filozofii. Tom 1. Filozofia starożytna i średniowieczna. Wydawnictwo Naukowe PWN, 2022.</p> <p>Alexandre Havard, Charakter lidera. Virtuous Leadership. Wydawnictwo Life&Work, 2021.</p> <p>Cal Newport. Cyfrowy minimalizm. Jak zachować skupienie w hałaśliwym świecie. Wydawnictwo Studio Emka, 2020.</p> <p>Cal Newport. Praca głęboka. Jak odnieść sukces w świecie w którym ciągle coś nas rozprasza. Wydawnictwo Studio Emka, 2018.</p>	
	Supplementary literature	Greg McKeown, Esencjalista. Mniej, ale lepiej. MT Biznes, 2019.	
	eResources addresses	Adresy na platformie eNauczanie: Work-life balance i nie tylko - Moodle ID: 40516 https://enauczanie.pg.edu.pl/moodle/course/view.php?id=40516	
Example issues/ example questions/ tasks being completed	<ol style="list-style-type: none"> 1. what is the vision of man according to Aristotle? 2. What are the modern psychological concepts that support sustainable human development? 3. Explain the concept of leadership based on ethics. 4. What is meant by digital minimalism? 5. What do we owe to the widespread access to digital media, and what are the resulting risks? 6. What is the concept of deep work and how to use it in life? 		
Work placement	Not applicable		

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