



Subject card

Subject name and code	Basics of psychology, PG_00056480						
Field of study	Mechanical and Medical Engineering, Mechatronics, Mechanical Engineering, Transport and Logistics, Power Engineering, Management and Production Engineering, Design and Construction of Yachts, Naval Architecture and Offshore Structures						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2025/2026		
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	Institute of Manufacturing and Materials Technology -> Faculty of Mechanical Engineering and Ship Technology -> Wydziały Politechniki Gdańskiej						
Name and surname of lecturer (lecturers)	Subject supervisor		dr inż. Dominika Zakrzewska				
	Teachers		dr inż. Dominika Zakrzewska				
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		1.0		9.0	25
Subject objectives	To acquaint students with the basic knowledge of psychology						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
	[K6_W71] has general knowledge in humanistic, social, economic or legal sciences, including their fundamentals and applications		The student knows the basics of therapeutic directions in psychology, has knowledge of individual differences and the possibilities of human development.		[SW3] Assessment of knowledge contained in written work and projects [SW2] Assessment of knowledge contained in presentation		
	[K6_U71] is able to apply knowledge from humanistic, social, economic or legal sciences in order to solve problems		The student knows the basics of therapeutic directions in psychology, has knowledge of individual differences and the possibilities of human development.		[SU4] Assessment of ability to use methods and tools [SU2] Assessment of ability to analyse information [SU1] Assessment of task fulfilment		
	[K6_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 has basic psychological knowledge regarding the development of psychology, directions and psychological currents, knowledge of great experiments in psychology		[SK3] Assessment of ability to organize work [SK5] Assessment of ability to solve problems that arise in practice [SK4] Assessment of communication skills, including language correctness		
Subject contents	History of the development of psychology. Basic issues in neuropsychology. Concepts of intelligence. Concepts of personality. Functions of emotions. Psychological stress and frustrations. Strategies for managing of stress. Psychopathology of everyday life - affective and personality disorders - description and diagnosis. Research papers that have changed the face of psychology.						
Prerequisites and co-requisites							
Assessment methods and criteria	Subject passing criteria		Passing threshold		Percentage of the final grade		
	pass		60.0%		50.0%		
	attendance		100.0%		50.0%		

Recommended reading	Basic literature	<p>Malim Tony (1998) Introduction to Psychology (PWN)</p> <p>Strelau J (2003) Psychology Academic Handbook Fundamentals of Psychology</p> <p>Cialdini R.B (2009) Influence - psychology of persuasion (GWP)</p> <p>Aronson E (2002) Man the social being (PWN)</p> <p>Terelak J.F (2001) Psychology of stress (OWB)</p> <p>Hock R.R (2003) 40 research papers that changed the face of psychology (GWP)</p> <p>Goldberg E (2014) The Wisdom Paradox: How Your Mind Can Grow Stronger As Your Brain Grows Older (PWN)</p> <p>Ledoux J (2020) Anxious: Using the Brain to Understand and Treat Fear and Anxiety (CCP)</p> <p>Ledoux J (2024) The Four Realms of Existence: A New Theory of Being Human (CCP)</p>
	Supplementary literature	<p>O'Sullivan S (2016) It's all in your head (VP)</p> <p>Pollan M (2019) How to change your mind (PB)</p> <p>Kim C (2021) Nerdy, Shy and Socially Inappropriate (JKP)</p>
	eResources addresses	
Example issues/ example questions/ tasks being completed	<p>Describe cognitive psychology.</p> <p>The functions of the left hemisphere of the brain.</p> <p>List the concepts of personality.</p> <p>What was the Standord experiment based on?</p> <p>List affective disorders.</p>	
Work placement	Not applicable	

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